

# Checklist of Disaster Emergency Supplies

Stocking up now on emergency supplies can add to your safety and comfort during and after a disaster. Store enough supplies for at least three days.

Example:



Spanish translation  
on page 20.

## Survival

- Water, 1 gallon per person per day
- First aid kit – freshly stocked
- First aid book
- Food (packaged, canned, no-cook, baby food, and for special diets)
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medication and glasses
- Fire extinguisher — A-B-C type
- Food and water for pets
- Money

## Sanitation Supplies

- Large plastic trash bags for trash, water protection
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine and infant supplies
- Toilet paper
- Household bleach with no additives
- Newspaper — to wrap garbage and waste

## Safety and Comfort

- Sturdy shoes
- Heavy gloves for clearing debris
- Change of clothing
- Knife or razor blades
- Garden hose — for siphoning and fire fighting
- Tent

## Cooking

- Barbecue, camp stove, chafing dish
- Fuel for cooking (charcoal, camp stove fuel, etc.)
- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil

## Tools and Supplies

- Ax, shovel, broom
- Crescent wrench for turning off gas
- Screwdriver, pliers, hammer
- Coil of 1/2” rope
- Plastic tape and sheeting
- Toys for children

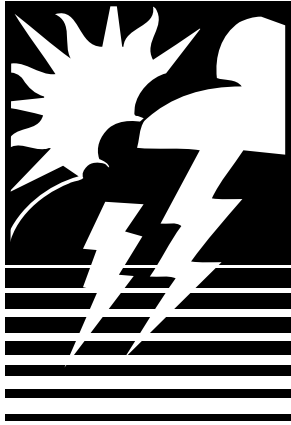
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EMERGENCY  
MANAGEMENT  
DIVISION

OFFICE LOCATION  
Building 20  
Camp Murray, WA

MAILING ADDRESS  
Building 20, MS: TA-20  
Camp Murray, WA  
98430-5122



Spanish translation  
on page 18.

# Preparing Your Household for Emergencies

Government agencies will respond to community disaster, but the fact remains that citizens may be on their own for hours, even days, after disaster strikes. Each citizen is advised to be prepared to take care of themselves for at least three days.

## **Before Disaster Strikes**

- Have water (preferably in plastic jugs) and canned or non-perishable food (and manual can opener) that does not require cooking.
- Learn first-aid and CPR. Have a first-aid kit and first-aid manual and needed medicines for family members.
- Have blankets or sleeping bags, and plastic sheets or other materials to repair your home or to improvise shelter.
- Have a flashlight with extra bulbs and batteries.
- Have a battery-powered portable radio with extra batteries.
- Have a covered container for a toilet and extra toilet tissue.
- Have a fire extinguisher and know how to use it.
- Learn how to turn off the gas, power, and water in your home.

## **During an Emergency or Disaster**

- Keep calm, take time to think, give assistance where needed.
- Turn on your radio for official information and instructions.
- Use the telephone only for emergency calls.
- If requested to evacuate, take your emergency supplies and go to a safe location or to temporary shelters as directed by officials.

## **After the Emergency or Disaster is Over**

- Use caution in entering damaged buildings and homes.
- Stay away from damaged electrical wires and wet appliances.
- Check food and water supplies for contamination.
- Notify your relatives that you are safe. However, don't tie up phone lines because they are needed for emergency calls.
- If government disaster assistance is available, the news media will announce where to go to make application.

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