

Prep Check List

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No matter what you are preparing for a SHTF situation, winter storm, fire, flood, tornado or other natural disaster you need to put together a disaster preparedness kit and checklist to give you and your family a better chance of survival. Most Federal/State government agencies are recommending that you prepare your family to be self-sufficient for at least three days to a week before services can be completely restored after a major disaster. Some suggested Preparations:

Water: Store one gallon per person per day. Two quarts for drinking and two quarts for cooking.

Food: Have enough non-perishable food on hand for your family to survive on for three days to one week. Select foods that require no refrigeration, preparation or cooking, and little or no water. Select foods that are compact and can be stored for long periods of time.

Cooking: Have alternative methods for cooking like a camp stove or even a barbecue.

Basic Supplies that should be included in your Disaster Preparedness Kits:

Mess Kit; plates, cups, utensils

Emergency Preparedness Manual

Flashlight and Extra Batteries or a Wind Flashlight

Wind or battery Operated Radio with Extra Batteries

Waterproof Matches

Candles, Battery Operated Lamps, Lanterns and Lantern Fuel

Battery Operated Smoke Alarm

Battery Operated Carbon Monoxide Detector

Plastic Garbage Bags, Zip-locking Bags

Fire Extinguisher (small canister ABC type)

Antiseptic

Full supply of Prescription Medication

Non-electric Can Opener

Aluminum Foil

Important Documents Checklist

Cash (bills and change)

Non-electric can opener

Utility knife w/extra blades

Tube tent

Pliers

Tape

Compass

Aluminum foil

Plastic storage containers

Signal flare

Paper, pencil

Needles, thread
Medicine dropper
Shut-off wrench, to turn off household gas and water
Whistle
Plastic sheeting
Map of the area (for locating supply points and if needed shelters)

Sanitation

Personal Hygiene Items
Portable Toilet and Toilet Paper
Toilet paper, towelettes
Soap, liquid detergent
Feminine supplies
Personal hygiene items
Plastic garbage bags, ties (for personal sanitation uses)
Plastic bucket with tight lid
Disinfectant
Household chlorine bleach

Medical

Health records for each family member, including one page for each person with a brief history of any major medical conditions or episodes, vaccination records, and doctor's contact information.
List of special needs for any family member (i.e. disability, pregnancy, allergy, etc.)
List of medication needed by family members
Health insurance information
Name and address of family dentist

First Aid Kit

Assemble a first aid kit for your home and one for each car
(20) adhesive bandages, various sizes
(1) 5" x 9" sterile dressing
(1) conforming roller gauze bandage
(2) triangular bandages
(2) 3 x 3 sterile gauze pads
(2) 4 x 4 sterile gauze pads
(1) roll 3" cohesive bandage
(2) germicidal hand wipes or waterless alcohol-based hand sanitizer
(6) antiseptic wipes
(2) pair large medical grade non-latex gloves
Adhesive tape, 2" width
Anti-bacterial ointment
Cold pack
Scissors (small, personal)
Tweezers
CPR breathing barrier, such as a face shield

Non-Prescription Drugs

Aspirin or nonaspirin pain reliever

Anti-diarrhea medication

Antacid (for stomach upset)

Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)

Laxative

Activated charcoal (use if advised by the Poison Control Center)

Clothing and Bedding

Include at least one complete change of seasonal clothing and footwear per person.

Sturdy shoes or work boots

Rain gear

Blankets or sleeping bags

Hat and gloves

Sunglasses

It's always a good idea to have all your important family documents organized during normal times; during disasters (man made or natural), you'll want to make it a priority. Use this checklist to assemble your documents and make sure they're all up-to-date. You may want to keep some documents in a safe deposit box, fire-proof safe or other secure location. If so, keep copies handy for easy access and take them with you in the event of a disaster.

Financial

Bank address and phone number (include all account numbers)

Retirement accounts name, address, phone numbers

Credit card numbers and expiration dates

Family

Birth certificates

Marriage certificates

Divorce decrees

Passport

Citizenship papers

Adoption papers

Social Security Cards

Drivers Licenses

General Household

State and Federal Tax Records

Fire, Homeowners, and Renters insurance policies

Life insurance policies

U.S. Savings Bonds, stocks, securities, deeds and mortgages

Car title and registration

Automobile insurance

Last will and testament

Location of extra set of house and car keys

Names and descriptions of any pets
Veterinarian's name, address and phone number
Other

For Children/Baby;
Canned or Powered Formula
Diapers & Wipes
Bottles & Nipples
Powered Milk
Baby Food
Medications & Ointment
Entertainment; Games & Books.

Banking; Keep an adequate amount of cash on hand to last your family for up to a week.

Communications; It is possible that telephones (cell or land line) may still be operational even if the power does go out. . Make sure you have fully charged backup battery available for all of your cell phones available. Plan for the situation that all telephones will not be working in the event of a major disaster. It might be wise to include a set of battery operated FRS/GRS radios (one for each family member)

Pets; Be sure to have extra food and water for your pets in your preparedness plans.

Remember, what works for me and mine, may not be what works for you and yours, so feel free to add/delete items as you see fit.