

# PERSONAL/FAMILY EMERGENCY PREPAREDNESS KIT

Each parishioner is encouraged to have an emergency preparedness kit. Such a kit provides essential items that the household needs in the event of an emergency which may preclude their accessing normal services for a period. The following checklist covers a wide range of potential emergencies. It can be expanded or reduced as individuals see the need. The list was developed from lists prepared and available from the following sources and their Web sites: American Red Cross, FEMA, and AARP.

## Loss of Power (Remain in Home)

Loss of power usually from a major storm can extend over a wide area and last many days. It has not been unusual for homes and businesses to remain without power for a week or more. Preparation needs to consider this possibility.

## Have Readily Available

- Flashlights and extra batteries<sup>1</sup>
- Portable radio and extra batteries
- Cell phone and charger (buy an adapter for an automobile)<sup>2</sup>
- First aid kit<sup>3</sup>
- Canned or other non-perishable foods<sup>4</sup>
- Manual can opener
- Infant supplies/Pet food
- Cash (\$100 or more in small bills)
- Plastic bags and a tightly closed container for all waste located outside the dwelling
- Fire extinguisher
- Extra blankets
- Small toolbox
- Portable generator<sup>5</sup>

Turn off or leave running water when event occurs in freezing weather.

***Warnings: candles are not recommended because of fire hazard, and any form of non-electric portable heaters should never be used because of carbon monoxide poisoning.***

<sup>1</sup> To help keep batteries fresh over an extended period, tape over the positive end with masking tape.

<sup>2</sup> Note: even if voice service is not working or not available, text messages often can be sent and received.

<sup>3</sup> Can be purchased or assembled in a waterproof container; see <http://www.redcross.org/prepare/location/home-family/get-kit/anatomy>

<sup>4</sup> Consume or throw out refrigerated items as soon as possible. Without opening the door, the freezer can keep food frozen for several days, but once thawing sets in, consume or dispose immediately.

<sup>5</sup> Enough wattage for lights and refrigerator. Highly recommended in areas subject to frequent power losses.

## Major Disaster (Remain in Home)

In the event of a major disaster, especially flooding and earthquake, utilities are likely to be damaged or destroyed. The list below adds to the "Loss of Power" list.

## Additional Readily Available

- Plastic sheeting and duct tape
- Garden tools, especially a shovel (digging or transfer – not spade)
- Claw hammer, pry bar, and hatchet
- Strong folding knife, e.g. buck knife
- Work gloves
- Dust mask
- Whistles in different locations to use if trapped

***Contact friends or family members to alert them of your plans***

### **Good habits**

Keep one-half tank of gas in vehicles  
Know evacuation routes for fire, flood, and tsunami  
Practice fire and earthquake home drills (at least twice annually)

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(P. 2)

## Evacuation

Evacuation means that you will not have access to your home. A “go” container needs to be readily available. Have essential papers readily available or important documents stored in a fireproof, permanently installed safe. Store the “go” items in a waterproof container (preferably small enough to be loaded in the car) outside the house. Attempt to shut off all utilities including electricity. Leave notes in prominent locations that say where you are going along with contact telephone numbers. Always presume that you will be out of your home for multiple days.

### “Go” Container

- Emergency contact information: friends and family
- Automobile adapter(s) for cell phone(s)
- Cash (\$100 or more in small bills)
- Portable radio and extra batteries
- Flashlights and extra batteries
- Change of clothes and sturdy shoes (climate related)
- Jackets and waterproof outerwear
- Basic first aid items, e.g. Band Aids, antiseptic ointment and wipes in a waterproof container
- Personal hygiene items
- Toilet paper
- Baby food, bottles, and clothing (diapers)  Hand sanitizer
- Non-perishable food and water (3-day supply)
- Food and related gear for pets (3-day supply)
- Disposable plates and cups
- Small bottle of bleach for purifying water  
(1 to 9 ratio bleach to water)
- Lightweight insulation blanket
- Extra set of car and house keys
- Dust masks
- Matches (waterproof container)
- Paper, pens, pencils; consider what children may require
- Whistle
- Local maps
- Bungee cord

- Essential papers (all readily available)**
  - ID cards including drivers’ licenses, and passports
  - One or more credit cards
  - Copies of prescriptions; keep a 7-day set of critical medicines
  - Medical and immunization records, health
- Other important documents<sup>1</sup>, e.g.
  - Family record including birth, death, marriage certificates, and wills
  - Insurance information
  - Last tax return
  - Video/photographic record of all physical assets and valuables (can use “Cloud” storage)
  - Critical passwords

<sup>1</sup>Instead of trying to carry important documents, either: consider using scanner and storing on “Cloud” or flash drive, or purchasing a good fireproof safe and keep papers in it. Install the safe so that removal is difficult.