

DISASTER PREPAREDNESS: CAMPING AT HOME

HOME AND WORKPLACE PREPAREDNESS

Portions of the following were excerpted from the CERT Basic Participant Manual, available for download at

<https://www.portlandoregon.gov/PBEM/article/357880>

ASSEMBLING AND STORING DISASTER SUPPLIES

You can cope best by preparing for disaster before it strikes. One way to prepare is to assemble disaster supplies in multiple locations. After disaster strikes, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, you and your family can endure an evacuation or home confinement.

TO PREPARE YOUR KIT

1. Review the checklist on the next few pages.
2. Gather the supplies from the list. Remember that many households already have many of the items needed for your kits.
3. These items can be assembled in appropriate locations for quick access in an emergency, but used under normal circumstances whenever needed. For example, keep a wrench in your kit to shut off gas at the meter in an emergency, but use the wrench for everyday tasks, too. Just be sure to return it to the emergency kit.

Place the supplies you're apt to need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).

Water

- Store water in plastic containers such as soft drink bottles.
- Look for the triangular recycling symbol with a number 1 on the bottom of the bottle as those are best for water storage. Avoid using containers that will decompose or break, such as plastic milk jugs or glass bottles.
- Wash the bottle with soap and warm water, fill with water from your tap, and store in a cool, dark area away from direct sunlight.
- Replace your emergency water every 6 months by repeating the process; like food and batteries, water does expire!

Keep in mind that a normally active person needs to drink at least 2 quarts of water each day. Hot environments and intense physical activity can double that requirement. Children, nursing mothers, and ill people will need more.

- Store 1 gallon of water per person per day (2 quarts for drinking, 2 quarts for food preparation and sanitation).*
- Keep at least a 3-day supply of water for each person in your household. Many references advise 2 week water supply & requirement could be for much longer period in our neighborhood.

HOME AND WORKPLACE PREPAREDNESS (CONTINUED)

If you have questions about the quality of the water, purify it before drinking. You can heat water to a rolling boil for 1 minute or use commercial purification tablets to purify the water. You can also use regular household liquid chlorine bleach if it is pure 5.25% sodium hypochlorite. (Do not use perfumed bleach!) To purify water, use the table below as a guide:

Ratios for Purifying Water with Bleach

Water Quantity	Bleach Added
1 Quart	2 Drops
1 Gallon	8 Drops
5 Gallons	1/2 Teaspoon

Note: If water is cloudy, double the recommended dosage of bleach.

After adding bleach, shake or stir the water container and let it stand 30 minutes before drinking.

Food

Store at least a 3-day supply of nonperishable food. Again a larger supply for a longer duration of need is likely. Select foods that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of Sterno®. Select food items that are compact and lightweight. Avoid salty foods if possible as they increase thirst. Include a selection of the following foods in your disaster supply kit. Check food and water expiration dates biannually.

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples | sugar, salt, pepper
- High-energy foods | peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons, or persons on special diets
- Comfort and stress foods cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

HOME AND WORKPLACE PREPAREDNESS (CONTINUED)

Kitchen Items

- Manual can opener
- Mess kits or paper cups, plates, and plastic utensils
- All-purpose knife
- Household liquid bleach to treat drinking water
- Aluminum foil and plastic wrap
- Re-sealing plastic bags
- If food must be cooked, small cooking stove and a can of cooking fuel

First Aid Kit*

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- First aid manual
- Sterile adhesive bandages in assorted sizes
- Two-inch sterile gauze pads (4-6)
- Four-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- Needle
- Moistened towelettes
- Antibacterial ointment
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleaning agent/soap
- Non-latex exam gloves (2 pairs)
- Cotton balls
- Sunscreen
- Three-inch sterile roller bandages (3 rolls)
- Four-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Hot and cold compress

HOME AND WORKPLACE PREPAREDNESS (CONTINUED)

First Aid Kit (contd.)

Nonprescription Drugs

- Aspirin or nonaspirin pain reliever
- Antidiarrhea medication
- Antacid (for stomach upset)
- Allergy medication and if necessary, epinephrine (particularly for those who have a history of severe allergic reaction)
- Laxative
- Vitamins
- Activated charcoal (used if advised by the Poison Control Center)

Tools and Supplies

- | | |
|--|--|
| <input type="checkbox"/> Emergency preparedness manual* | <input type="checkbox"/> Non-sparking shutoff wrench to turn off household gas and water |
| <input type="checkbox"/> Battery-operated weather radio and extra batteries* | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Flashlight and extra batteries* | <input type="checkbox"/> Plastic sheeting |
| <input type="checkbox"/> Fire extinguisher: small canister, ABC type | <input type="checkbox"/> Landline telephone |
| <input type="checkbox"/> Tube tent | <input type="checkbox"/> Fuel for vehicle and generator |
| <input type="checkbox"/> Pliers | Sanitation |
| <input type="checkbox"/> Duct tape | <input type="checkbox"/> Toilet paper, towelettes* |
| <input type="checkbox"/> Compass* | <input type="checkbox"/> Soap, liquid detergent* |
| <input type="checkbox"/> Matches in a waterproof container | <input type="checkbox"/> Feminine supplies* |
| <input type="checkbox"/> Aluminum foil | <input type="checkbox"/> Personal hygiene items* |
| <input type="checkbox"/> Plastic storage containers | <input type="checkbox"/> Plastic garbage bags, ties (for personal sanitation uses) |
| <input type="checkbox"/> Signal flare(s)* | <input type="checkbox"/> Plastic bucket with tight lid |
| <input type="checkbox"/> Paper, pencil* | <input type="checkbox"/> Disinfectant |
| <input type="checkbox"/> Needles, thread | <input type="checkbox"/> Liquid hand sanitizer |
| <input type="checkbox"/> Work gloves | <input type="checkbox"/> Household chlorine bleach |
| <input type="checkbox"/> Medicine dropper | |

DISASTER PREPAREDNESS: CAMPING AT HOME

HOME AND WORKPLACE PREPAREDNESS (CONTINUED)

Pet Supplies

- Medications and medical records (stored in a waterproof container) and a first aid kit
- Current photos of your pets in case they get lost
- Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets
- Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape
- Food, potable water, bowls, cat litter and pan, and can opener
- Pet beds and toys, if easily transportable

Clothing and Bedding

Include at least one complete change of clothing and footwear per person (and remember to change for the different seasons!).

- Sturdy shoes or boots*
- Rain gear*
- Blankets or sleeping bags*
- Hat and gloves*
- Thermal underwear*
- Sunglasses*

Household Documents and Contact Numbers*

- Personal identification, cash (including change) or traveler's checks, and a credit card
- Copies of important documents: birth certificates, marriage certificate, driver's license, Social Security cards, passport, wills, deeds, inventory of household goods, insurance papers, contracts, immunization records, bank and credit card account numbers, stocks and bonds. Be sure to store these in a watertight container.
- Emergency contact list and other important phone numbers
- Map of the area and phone numbers of places you could go
- An extra set of car keys and house keys
- Copies of prescriptions and/or original prescription bottles

HOME AND WORKPLACE PREPAREDNESS (CONTINUED)

Special Items

Remember family members with special needs, such as infants and elderly or those with disabilities.

*Items marked with an asterisk are recommended for evacuation.

For Baby*

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For All Family Members

- Heart and high blood pressure medication*
- Insulin*
- Other prescription drugs*
- Denture needs*
- Contact lenses and supplies*
- Extra eye glasses*
- Entertainment - games and books

References

[ready.gov](https://www.ready.gov)
[redcross.org](https://www.redcross.org)
[fema.gov/areyouready](https://www.fema.gov/areyouready)
[emergency.cdc.gov](https://www.emergency.cdc.gov)
ncdp.columbia.edu
[saratogajacks.com](https://www.saratogajacks.com)
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