



# YOUR BASIC CHECKLIST TO PREPARE FOR A MAJOR DISASTER OR EMERGENCY

Use this basic checklist to start today to prepare for a major disaster or emergency! Visit the KCDEM website at [www.kitsapdem.org](http://www.kitsapdem.org) for links to dozens of resources and to learn how to get your neighborhood prepared.

**1) Food:** Store enough food for your family for 7 to 10 days. Select foods that require no refrigeration or cooking and little or no water. Don't forget about storing food and water for pets and livestock.

**2) Water:** Store one gallon of water per person per day for drinking and personal use.  
1 gallon x \_\_\_\_\_ family members x \_\_\_\_\_ days = \_\_\_\_\_ total stored gallons of water.

**3) Medical Information & Prescriptions:** Record the names of physicians, special medical conditions, allergies and current prescriptions. Ask your physician for an advanced supply of critical prescriptions.

**4) Medical Devices:** If you or someone in your family is dependent on medical devices, make sure you have a plan in case there is a loss of power.

**5) Bills, Payments & Cash:** Make copies of credit cards, bank numbers, insurance policies and other major financial and payment records and store in a fire/waterproof container. Plan to have enough cash in your accounts to buy basic supplies for 3-10 days.

**6) Power & Utilities:** Learn how to safely shut off the gas, water and electricity in your home.

**7) Bolt & Brace:** Securely strap your water heater to the wall as well as bookshelves or large furniture which could fall during an earthquake. Special kits are available at most hardware stores.

**8) Fire Safety:** Check smoke alarms now. If your alarm is hard wired, see if it has a battery backup. Batteries need to be replaced once a year. Always keep a freshly charged fire extinguisher close at hand.

**9) Heating & Cooking:** Identify alternative heating and cooking sources. Camp stoves or BBQ's work well but never use a BBQ inside your home. Kerosene heaters can only be used in well ventilated areas.

**10) Lighting:** Keep flashlights, batteries and fuel-powered camping lights on hand along with extra fuel and fresh batteries. Always use fuel-operated equipment in well-ventilated areas. The use of candles is no longer recommended because they can be a very dangerous fire hazard.

**11) Radio/Communications:** To stay informed before and during an emergency, invest in a NOAA Weather/All Hazard radio, which broadcasts National Weather Service warnings, watches, forecasts and other hazard information 24 hours a day. The Kitsap Code is 053035. You should also have a battery-operated AM/FM radio with enough batteries to last for one week. Tune in to 710 KIRO AM or 1000 KOMO AM.

**12) First Aid Kit:** Put together a basic first-aid kit. You can buy a first-aid manual and kit from your local American Red Cross chapter and many other places. Visit the KCDEM website for links.

**13) Vehicles:** Make sure you have an emergency preparedness kit in all of your vehicles.

**14) Emergency Preparedness Plans:** Make a plan for your family including a meeting place and an out-of-state contact number. Talk about how disruptions in basic services will affect your family. Give extra consideration to infants, young children, the elderly and individuals with disabilities who may require special medical or physical attention. Become familiar with your emergency plan at work and at your children's school.

**15) Talk to Your Neighbors:** Start meeting with your neighbors to share information and to plan for an emergency. Visit the KCDEM web site to learn how to get the KPREP program started in your neighborhood.

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**KCDEM** Kitsap County Department of Emergency Management

[www.kitsapdem.org](http://www.kitsapdem.org) • 360-307-5870



**IT IS IMPORTANT TO REVIEW YOUR CHECKLIST REGULARLY AND STAY PREPARED!**