

# OpenHazards Checklist for Disaster Know-How and Supplies

Perishable items to replace every 6 months (when you change your clocks for daylight savings) ...

- All prescribed medications (HINT: Medications are expensive and do not have to expire in storage. Buy an extra bottle and put it in storage. Then every time you refill, put the newest meds in storage and rotate out the old bottle for use)
- Antihistamines (Benadryl) to reduce allergic reactions
- Diarrhea medication
- Pain medication (Advil/Tylenol/Aspirin)
- 5 gallons (min) water per family member (include pets). City water supplies may become contaminated or inaccessible and dehydration occurs quickly. Check expiration dates on bought water and sanitize containers before storing your own. Do not store plastic water containers directly on concrete because chemicals can leech into the water and/or degrade the plastic, causing leaks.
- 7 days non-perishable food for each family member. Pack things your family will eat, as if you were camping. Suggestions: Peanut butter, canned vegetables, canned meat, canned soup, chili, dehydrated fruits, jerky, dry beans, instant oatmeal, pasta, crackers, dehydrated or evaporated milk. (NOTE: When you replace your supplies, rotate your old emergency food back into your pantry.)
- 7 days non-perishable pet food

Other survival items ...

- Manual can opener
- Hand sanitizer
- First Aid medical kit including at a minimum sterilized gauze, gloves, bandages, tape, shears, and 10% bleach solution for disinfection
- First Aid manual
- Toilet paper
- Feminine hygiene products
- Plastic garbage bags
- Cash (in small bills and coins)
- Ax

- Battery-powered radio with extra batteries
- Headlamps with extra batteries and/or mechanically-powered flashlight
- Coats, sleeping bags, blankets or space blankets for warmth (pack for survival in your local climate)
- Matches in a waterproof container (do not light if you suspect a gas leak!)
- Camp stove or BBQ with extra fuel
- Cooking pot, cups, bowls, and utensils

### Find a safe place to store your supplies that is ...

- Cool and dark to avoid spoiling stored medications and food
- Structurally sound and accessible after likely disaster-related damage
- Above potential flooding
- Protected from pests and household contaminants such as paints, poisons, or cleaning supply spills

### Learn and teach household members ...

- How to shut off gas, electric, and water lines in the event of leaks. Attach a wrench or other appropriate tool near each valve. NOTE: Automatic gas shut-off valves triggered by seismic shaking or excess gas flow do not rely on you being home to stop a leak and are the preferred method of fire prevention.
- How to drain fresh water out of your hot water heater (after it cools!)
- Where to meet if separated (NOTE: If you have school-age children, ask their schools how and where your children will be released to you post a major disaster)
- First Aid and CPR
- How to light a fire and operate an outdoor stove (Note: Do not light fires in any closed space because of carbon monoxide poisoning. This includes indoor fire places because chimney often suffer unseen damage preventing proper ventilation)
- Where to leave a message in the home and with an outside contact. Messages left at vacant home for others should be discrete (in a tin can not across the front door) to not publicize the vacancy.