



Activity:

Disaster Preparedness

This activity provides an emergency checklist to help you set aside supplies to prepare your household and gauge its readiness to cope with a disaster.

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Review the emergency checklist below and check where your household falls in terms of setting aside each category of emergency supplies. Then complete the assessment rating to evaluate your current level of disaster readiness.

Emergency Checklist

Water

Drinking water (3-day supply)

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Water purification systems/chemicals

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Water storage containers

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Food and Food Prep

Canned goods (tuna, soup, beans, fruit)

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

High-protein bars or snacks

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Powdered milk

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

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Dry cereal

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Special foods – for any family members with special dietary needs

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Portable stove and fuel

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Cooking pots/pans

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Plates and utensils

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Dishwashing supplies

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Garbage bags

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

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Paper towels

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Nonelectric can opener

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Shelter/Protection

Shelter suited to the area (underground shelter, basement, tent, etc.)

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Thermal blankets

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Sleeping bags

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Sleeping pads/air mattresses

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Dust masks

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

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Heat source (heater, firewood, etc.)

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Flashlights/lamps/candles

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Matches

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Electronics/Power/Communications

Cell phone with long-life battery

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Battery power packs/chargers

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Batteries

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Portable generator

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

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Battery or hand-crank radio

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

First Aid Kit

Antiseptic spray (e.g. Bactine)

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Antibiotic cream or ointment (e.g. Neosporin)

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Insect repellent

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Bandages/gauze

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Ace bandages

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Adhesive tape

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

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Scissors

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

CPR mask

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Prescription medications as needed (minimum 3-day supply)

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Hygiene and Sanitation

Toothbrush

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Toothpaste

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Dental floss

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Hand sanitizer

No supplies	Less than 1 month	1-2 months	2-4 months
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Soap

No supplies	Less than 1 month	1-2 months	2-4 months
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Shampoo

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Comb

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Deodorant

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Wet wipes

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Feminine hygiene products

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Toilet paper

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

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Plastic bags

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Clothing

2 changes of clothes

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Underwear

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Socks

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Warm coat/sweater

No supplies	Less than 1 month	1-2 months	2-4 months
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Hat

No supplies	Less than 1 month	1-2 months	2-4 months
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Gloves

No supplies	Less than 1 month	1-2 months	2-4 months
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Durable shoes/boots

No supplies	Less than 1 month	1-2 months	2-4 months
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Tools

Hammer

No supplies	Less than 1 month	1-2 months	2-4 months
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Wrench

No supplies	Less than 1 month	1-2 months	2-4 months
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Pliers

No supplies	Less than 1 month	1-2 months	2-4 months
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Multipurpose tool

No supplies	Less than 1 month	1-2 months	2-4 months
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Rope

No supplies	Less than 1 month	1-2 months	2-4 months
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Duct tape

No supplies	Less than 1 month	1-2 months	2-4 months
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Small shovel

No supplies	Less than 1 month	1-2 months	2-4 months
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Fire extinguisher

No supplies	Less than 1 month	1-2 months	2-4 months
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Important Documents

Driver's license

No supplies	Less than 1 month	1-2 months	2-4 months
4-12 months	+1 year	Do not need this supply	

Birth certificate

No supplies	Less than 1 month	1-2 months	2-4 months
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Passport

No supplies	Less than 1 month	1-2 months	2-4 months
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Emergency contacts

No supplies	Less than 1 month	1-2 months	2-4 months
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Marriage/adoption/naturalization papers

No supplies	Less than 1 month	1-2 months	2-4 months
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Credit card/ATM information

No supplies	Less than 1 month	1-2 months	2-4 months
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Proof of insurance

No supplies	Less than 1 month	1-2 months	2-4 months
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Cash

No supplies	Less than 1 month	1-2 months	2-4 months
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Assessing Your Emergency Preparedness

- A household with less than a month's supply of the items listed in the checklist is critically underprepared for disaster. Such households should make it a high priority to allocate money to stock up on items in the checklist immediately for their own safety and security.
- Households with reserves that would last 1-2 months should also consider building a larger stock of essential items while also formulating emergency plans.
- Households with 2-4 months of supplies may have a further need to stockpile additional supplies and coordinate emergency and communication plans.
- Households with 4-12 month of supplies are well-protected, but still require planning and organization. They might build up cash reserves and invest in technology to reduce disaster impact.
- Households with over a year's worth of supplies simply need to maintain this safety net and check it annually to replace any perishable items.

Where your household ranks along this assessment rating can have high impact on your ability to deal with a disaster. Taking action is the first step toward protection and peace of mind.