

Family Survival Checklist (Two persons; five days)



• WATER:

	Quantity: Minimum ten gallons.
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Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day; hot environments and intense physical activity can double that amount. Don't forget your pets. Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation). Change this water every six months.

	Household liquid bleach to kill microorganisms:
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Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Do not use scented bleaches, color-safe bleaches or bleaches with added cleaners. Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. The only agent used to treat water should be household liquid bleach. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

• FOOD: Quantity: 10 Breakfasts; 10 Lunches; 10 Dinners

	Canned juices, milk, soup
	Canned meat/fish, fruits, vegetables (ready to eat)
	Comfort/stress foods: cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.
	Foods for persons with special dietary needs**
	High-energy foods such as peanut butter, jelly, crackers, granola bars, trail mix; foods that will not increase thirst.
	Kitchen utensils and food-handling equipment (bowls, heating pans, knives/forks/spoons, etc)
	Sugar, salt, pepper
	Vitamins; dietary supplements

Avoid foods like rice, pasta and dry beans that require a great deal of water to prepare. Remember to restock your food once a year.

Example dinner: Canned meat or seafood; canned spaghetti, ravioli, chili, stew, tamales. Other good choices are canned beans or other vegetables, pudding cups, and ready-to-eat soups. There are single servings of vegetarian Indian dishes in plastic pouches that have long shelf lives.

• FIRST AID KIT:

	2-inch sterile gauze pads (4-6)
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	7-day supply of all prescribed medications
	Antiseptic (Neosporin; bacitracin; campo-phenique; etc)
	Assorted sizes of safety pins
	Blood pressure/blood-sugar tester
	Cleansing agent/soap (Hydrogen peroxide; alcohol; lye soap; etc)
	First aid handbook
	Latex gloves (2 pairs)
	Moistened towelettes
	Needle
	Non-prescription drugs such as Pain relievers, Anti-diarrhea medicines, Antacid, Syrup of Ipecac (<i>used to induce vomiting with the advice of a Poison Control Center</i>), Laxatives, Activated charcoal (<i>used with advice from the Poison Control Center</i>)
	Prescription lenses, glasses, sunglasses (plus spares and essential overnight supplies)
	Scissors; Tweezers
	Sterile adhesive bandages in assorted sizes
	Sunscreen
	Thermometer

	Tongue depressors (2)
	Triangular bandages (3)
	Various roller bandages
	Vaseline

• TOOLS AND SUPPLIES:

	Aluminum foil
	Barbeque or camp stove plus fuel for five days
	Battery-operated radio and extra batteries
	Cash or traveler's checks, in case banks are closed in the days following an earthquake
	Flashlight and extra batteries
	Hammer, pliers, screwdrivers (Phillips & flat blade)
	Matches in a waterproof container
	Medicine dropper
	Needles, thread
	Non-electric can opener or a utility knife
	Paper cups, plates, and plastic eating utensils
	Paper, pencil
	Plastic storage containers
	Signal flare
	Small fire extinguisher (multi-purpose, dry chemical)
	Small shovel or intrenching tool
	Tape (Duct or heavy duty)
	Utility knife
	Wrench, adjustable (to turn off gas and water)

• SANITATION:

	Disinfectant
	Household chlorine bleach
	Plastic bucket with tight lid
	Plastic garbage bags and ties (heavy duty, for human waste disposal)
	Soap, liquid detergent**
	Toilet paper

• CLOTHING AND BEDDING:

	Blankets or sleeping bags
	Rain gear (poncho, hat, boots, etc)
	Sturdy shoes or work boots (extra pair per person)
	Warm clothing/sox/underwear (3-4 changes per person)**

• DOCUMENTS:

	Bank account numbers** (to include cash money for one week in small bills)
	Credit card account numbers and companies
	Family records (birth, marriage, death certificates)
	Inventory of valuable household goods, important telephone numbers
	Passports, social security cards, immunization records
	Will, insurance policies, contracts, deeds, stocks and bonds certificates of investment.

***Remember to include special needs family members such as a baby or an older person might have. It is also good to store in a waterproof plastic bag important family documents (passports, wills, medical records etc.) along with your earthquake survival kit.*