



Make a Kit

Build a disaster kit that has enough for you, your family and your pets to live off the grid for a week. That means food and water, of course, but also basic hygiene and first-aid supplies and clothing. Here are the basics.

Food and Water

- Water: 1 gallon per person per day.
- Food: Ready-to-eat or items requiring minimal water/cooking for humans and pets.
- Sterno cans or portable (e.g., backpacking or Coleman two-burner) stove.
- Unscented liquid household bleach and an eyedropper for water purification (16 drops per gallon). Do not use scented, color-safe or other "enriched" bleaches.
- Pocketknife, with can opener.
- Utensils, including plates, cups, knives, forks and spoons.
- Pot to heat water or to be used as a pan.
- Lighters.
- Aluminum foil.

Staying Protected

- Change of clothes, including jackets.
- Blankets/sleeping bags.
- Heavy work gloves and dust mask.
- Duct tape, plastic sheeting or tarps.

Being Prepared

- First-aid kit. (Include latex gloves, sterile dressings, antibiotic towelettes and ointment to disinfect, burn ointment, adhesive bandages in a variety of sizes, saline to use as an eyewash solution, scissors, medical tape, ibuprofen. Don't forget prescription meds.)
- LED flashlight or headlamp (store batteries separately).
- Battery- or crank-operated radio.
- Corded phone with landline connection.
- Wrench (to turn off utilities).
- Leash/collars for pets.
- Cash, in small bills.
- Whistle (optional).
- Light sticks, so people see you when you're wandering around at night (optional).
- A hammer, for light-duty construction (optional).
- Rope; specifically, a coil of ½-inch rope (optional).
- Crowbar (optional).
- Pliers (optional).
- Notepad and pens.

Sanitation

- Toilet paper and feminine-hygiene products.
- Plastic bags with ties.
- Bucket and kitty litter. (For personal hygiene, line bucket with plastic bags.)
- Toothbrush and toothpaste.
- Soap/hand sanitizer.
- Moist towelettes (optional).

