7-Day Checklist

- Power, water, phones or stores are out, and you expect them back soon. You stay home and live on what's already in the house.
- Stored water and food that needs no cooking carry you. Light, a radio, your medicines and a plan keep the week calm.
- Don't advertise what you have. Lock up. Know when you'd leave.

People in household: _____ Pets: _____ Last checked: _____

Amounts in bold are what to have for 7 days, per person unless they say otherwise. Multiply by the people in your house, or use the sizing helper on the Prep List page.

Water

Why: You can live only days without water, and tap water may not be safe.

- [ ] Drinking water stored, 1 gallon per person per day
  7 gallons per person
- [ ] Food-grade containers, sealed and dated; replace stored tap water every 6 months
- [ ] Bathtub water bladder, filled at the first sign of trouble, before the pressure drops
  1 per household
- [ ] Know how to drain the water heater tank (shut the main water valve first)
- [ ] Plain unscented bleach (6 to 8.25 percent) and a dropper. 8 drops per gallon (6 drops at 8.25 percent), double if cloudy, wait 30 minutes. Replace every year
  1 small bottle per household
- [ ] Extra water for pets

Food

Why: No fridge and maybe no stove. Food you can open and eat cold carries the week.

- [ ] Food that needs no cooking and no fridge: cans, peanut butter, crackers, dried fruit, bars. About 2,100 calories per person per day
  about 15,000 calories per person
- [ ] Manual can opener
  1 per household
- [ ] Baby formula and baby food, if needed (ask your pediatrician for daily amounts)
- [ ] Pet food, in sealed containers (see the sizing helper)
- [ ] Date everything. Eat the oldest first and replace it

Medicine and trauma care

Why: Pharmacies close. For some people a missed medicine is the emergency.

- [ ] Prescription medicines (ask your doctor or pharmacist how to keep an extra supply)
  at least 7 days extra
- [ ] Written list of each person's medicines, doses, allergies and doctors
- [ ] Spare glasses or contacts, and reading glasses
  1 spare pair per person who needs them
- [ ] First aid kit
  1 per household, 1 per car
- [ ] Bleeding control: tourniquet and pressure bandage
  1 of each per adult
- [ ] Over-the-counter medicines: pain and fever, diarrhea, oral rehydration salts, allergy, antibiotic ointment
  a week's worth
- [ ] Medicine that needs a fridge: a plan to keep it cold, or a backup
- [ ] Backup plan for any medical equipment that needs power
- [ ] Training: first aid and CPR
  at least 1 adult

Security

Why: Most trouble is avoided by not standing out and by doors that hold.

- [ ] Tell nobody what you have. Not neighbors, not friends, not online
- [ ] Stay unnoticed: no light, noise, cooking smell or running generator that shows you have what others don't
- [ ] Blackout curtains or covers for every window you use at night
- [ ] Door reinforcement on every outside door: strike plate and hinges held with 3-inch screws, jamb reinforcement, a solid deadbolt

- [ ] Household rules agreed in advance: who comes in, who answers the door, when to leave. Talk first; calm words end most confrontations
- [ ] Ammunition: at least 500 rounds per caliber you own
  if you own firearms: enough on hand to use them
- [ ] Training: regular practice for anyone who will handle a firearm
  if you own firearms: you

Fire

Why: Candles, stoves and generators start fires in every outage.

- [ ] Smoke alarms on every level and in sleeping areas, carbon monoxide alarms near bedrooms, all working on batteries
- [ ] Fire extinguishers, at least 3-A:40-B:C
  1 per floor, plus 1 in the kitchen
- [ ] Everyone knows PASS (pull, aim low, squeeze, sweep) and the five-second rule: if it isn't going out in 5 seconds, get out and close the door
- [ ] Gas shutoff wrench tied at the meter; everyone knows the gas, water and power shutoffs. Never turn gas back on yourself
- [ ] Pot lids or a fire blanket for pan fires. Never water on grease
- [ ] Escape ladder for any upstairs bedroom with only one way out
  1 per such room

Sanitation and hygiene

Why: Most sickness after a disaster comes from dirty hands and human waste, not injuries.

- [ ] Bucket with a tight lid and heavy bags, for when toilets don't flush
  1 per household, plus 20 heavy bags
- [ ] Toilet paper, about 2 rolls per person per week (an estimate; count your own)
  2 rolls per person
- [ ] Soap, and hand sanitizer with at least 60 percent alcohol
- [ ] Period supplies
  a week's worth for each person who needs them
- [ ] Bleach or disinfectant for cleaning (separate from water bleach)

Light, power and cooking

Why: Outages are the most common emergency. Light and charged phones keep it calm.

- [ ] Flashlight
  1 per person
- [ ] Spare batteries for every light and radio
  1 full change for each device
- [ ] Phone battery pack
  1 per person
- [ ] Never cook or heat with flame indoors, even with windows open. Store propane outdoors, upright, valve closed
- [ ] No candles. Use battery lights
- [ ] Warm blanket or sleeping bag, warm clothes and sturdy shoes
  1 set per person

Communications and family plan

Why: Local phones jam and people get separated. A plan everyone knows takes the panic out of the first hour.

- [ ] Hand-crank or battery weather radio (National Oceanic and Atmospheric Administration alerts)
  1 per household
- [ ] Contact list on paper: family, doctors, schools, work
- [ ] One contact out of the area everyone checks in with
- [ ] Two meeting places: one near home, one farther away
- [ ] Phones set to receive emergency alerts
- [ ] Survival Vault on a phone and on a drive; spare drive and a radio in a metal box or Faraday bag
- [ ] Paper maps of your area

Documents and cash

Why: Card readers and cash machines need power. After a disaster you need to prove who you are and what you own.

- [ ] Cash in small bills
  enough for a week of food and fuel
- [ ] Copies of IDs, insurance, property and medical records in a waterproof container you can grab
- [ ] Password-protected digital copy of the same
- [ ] Check your insurance (standard home policies don't cover floods)

People, and when to leave

Why: If home stops being safe, you need to be out in minutes.

- [ ] Go-bag for each person, packed and kept by an exit
  1 per person
- [ ] Pet carrier for each pet, easy to reach
  1 per pet
- [ ] Car fuel kept above half; keys in a fixed place
- [ ] Two ways out of the house, and everyone knows the second one

- [ ] Small kit in the car and at work, enough for 24 hours
- [ ] Check supplies, dates and batteries every 6 months

Sources: FEMA, *Are You Ready?*; Ready.gov supply kit checklist; CDC and Environmental Protection Agency emergency water treatment guidance; World Health Organization Technical Notes 7, 9 and 10; Camp Management Toolkit; *Nuclear War Survival Skills*; *LDS Preparedness Manual*; FEMA CERT Participant Manual and a city fire department neighborhood response manual; US Department of Agriculture FoodData Central; the Survival Vault's gear lists and topic pages. Most are in the Survival Vault.

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