

# **Comprehensive Emergency Preparedness and Disaster Response Checklist**

By Pastor Ed Anderson

## **Basic Emergency Supplies**

### **1. Water**

- At least one gallon per person per day for at least three days, for drinking and sanitation.

### **2. Food**

- At least a three-day supply of non-perishable food.
- Consider dietary needs and preferences.

### **3. Manual Can Opener**

- For food.

### **4. Battery-Powered or Hand-Crank Radio**

- NOAA Weather Radio with tone alert.

### **5. Flashlight**

- Extra batteries.

### **6. First Aid Kit**

### **7. Medications**

- Prescription and non-prescription medications.

### **8. Multi-purpose Tool**

- Wrench, pliers, or other tools needed to turn off utilities.

### **9. Personal Hygiene Items**

- Moist towelettes, garbage bags, plastic ties, etc.

### **10. Copies of Personal Documents**

- Medical information, proof of address, insurance policies, bank account records, identification.

### **11. Cell Phone and Chargers**

- Backup batteries or power banks.

## **12. Emergency Contact Information**

## **13. Cash**

- Small bills and change.

## **14. Emergency Blanket**

- Sleeping bags or warm blankets.

## **15. Maps**

- Local maps.

## **Additional Supplies for Families with Children**

1. **\*\*Infant Formula and Bottles\*\***
2. **\*\*Diapers and Wipes\*\***
3. **\*\*Baby Food\*\***
4. **\*\*Comfort Items\*\***
  - Toys, books, games, etc.

## **Additional Supplies for Elderly or Disabled Family Members**

1. **\*\*Hearing Aids and Extra Batteries\*\***
2. **\*\*Glasses and Contact Lenses\*\***
3. **\*\*Wheelchair Batteries or Other Special Equipment\*\***

## **Pet Supplies**

1. **\*\*Food and Water\*\***
2. **\*\*Collar with ID Tag, Harness, or Leash\*\***
3. **\*\*Pet Carrier\*\***
4. **\*\*Medications\*\***
5. **\*\*Sanitation Items\*\***
  - Litter box, newspapers, plastic bags, etc.

## **Emergency Plans**

1. **\*\*Family Communication Plan\*\***
  - Out-of-town contact person.
  - Pre-determined meeting locations.

## **2. Evacuation Plan**

- Multiple routes and destinations.

- Transportation options.

### **3. Shelter Plan**

- Public shelters, friends or family.

## **Home Preparedness**

1. **\*\*Fire Extinguishers\*\***
  - Make sure everyone knows how to use them.
2. **\*\*Smoke Detectors and Carbon Monoxide Detectors\*\***
  - Check regularly.
3. **\*\*Know How to Shut Off Utilities\*\***
  - Gas, water, electricity.
4. **\*\*Install and Know How to Use a Generator\*\***
  - If applicable.

## **Vehicle Preparedness**

1. **\*\*Maintain a Full Gas Tank\*\***
2. **\*\*Emergency Kit for Car\*\***
  - Jumper cables, flares, ice scraper, maps, blankets, bottled water, and non-perishable snacks.

## **During an Emergency**

1. **\*\*Stay Informed\*\***
  - Listen to radio, TV, or check reliable internet sources.
2. **\*\*Follow Instructions from Authorities\*\***
  - Evacuate if told to do so.
3. **\*\*Ensure Safety of Family Members and Pets\*\***
4. **\*\*Check on Neighbors, Especially Those Who Are Elderly or Disabled\*\***

## **After an Emergency**

1. **\*\*Make Sure It's Safe to Return Home\*\***
2. **\*\*Inspect Your Home for Damage\*\***
3. **\*\*Use Caution\*\***
  - Avoid downed power lines, contaminated water, and unstable structures.

4. **\*\*Contact Insurance Company\*\***
  - Document damage with photos or videos.
5. **\*\*Seek Assistance If Needed\*\***
  - Local shelters, government aid, etc.

This checklist can help ensure that you and your family are prepared for emergencies and can respond effectively to disasters.

Regularly review and update your emergency supplies and plans to stay prepared.