

Suggested Emergency Supplies/Go Bag Checklist

Shelter Cove **C**ommunity **E**mergency **R**esponse **T**eam (C.E.R.T.)

Can You Go It Alone for Three Days, Let Alone a 2 – 4 Weeks or More in Our Remote Area? The first hours after a major emergency or disaster are critical. Electricity, gas, water, and telephones may not be working. In addition, public safety services such as our Volunteer Fire Department will be busy handling serious crises. You should be prepared to be self-sufficient — able to live without running water, electricity and/or gas, and telephones — for at least a week or longer following a major emergency. (More like 2 – 4 weeks in Shelter Cove) To do so, keep on hand in a central location the following:

Essentials:

- Water — 1 gallon per person per day (a week's supply of water is preferable)
- Water purification kit
- First aid kit, freshly stocked
- First aid book
- Food
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medications
- Extra pair of eyeglasses
- Extra pair of house and car keys
- Fire extinguisher — A-B-C type
- Food, water and restraint (leash or carrier) for pets
- Cash and change
- Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices.

Sanitation Supplies

- Large plastic trash bags for waste; tarps and rain ponchos
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine hygiene supplies

- Toilet paper
- Household bleach

Safety and Comfort:

- Sturdy shoes
- Heavy gloves for clearing debris
- Candles and matches
- Light sticks
- Changes of clothing
- Knife or razor blades
- Garden hose for siphoning and firefighting
- Tent
- Communication kit: paper, pens, stamps

Cooking:

- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are no gas leaks; never use charcoal indoors)

Tools and Supplies:

- Axe, shovel, broom
- Adjustable wrench for turning off gas
- Tool kit including a screwdriver, pliers and a hammer
- Coil of ½ " rope
- Plastic tape, staple gun and sheeting for window replacement
- Regional map

P.S. Don't forget your pets!!! Ensure you have adequate food & meds for you pets. Cat Carriers & Dog Crates. Toys. Bedding. Whatever they might need if you have to evacuate your home.

Useful Web Links -- Additional emergency preparedness information can be found at the following websites:

The U.S. Department of Homeland Security: www.ready.gov

American Red Cross: www.redcross.org/services/disaster/beprepared/

Federal Emergency Management Agency: www.fema.gov/pte/cfp.htm

Consider the following things when putting together your emergency food supplies:

- Choose foods your family will eat
- Remember any special dietary needs
- Avoid foods that will make you thirsty - Choose salt-free crackers, whole grain cereals and canned foods with high liquid content.

Following a disaster, there may be power outages that could last for several days, and perhaps a week or more. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Additionally, in an evacuation, you will want to have clothing items, cash, copies of important documents etc. ready to go. (Scan documents and save them to a Flash Drive to make them easy to transport) Favorite toys or games for the kids will be a big help as well. You can find great resources for ready-made survival kits for humans and pets on-line – Just add your personal items and you are ready to go. The following is a sample of what a “Google Search” for Survival Kits came up with: www.essentialpacks.com