

HOPE FAMILY BEGINS HERE PREPAREDNESS KIT

WEEK 1: WATER

Prepare It Forward: Learn, Live, Lead

Prepare It Forward – prepare yourself; then help others prepare.

Learn: What you need to do to prepare your family.

Live: Take action and get a Family Preparedness Kit.

Lead: Personify preparedness and inspire others to follow.

WATER¹. Store a minimum² 1 gallon of water per person per day, for 3 days. During disasters water is primarily used for drinking and sanitation. Remember children, nursing mothers, and individuals with medical conditions may require more water per day. If you live in a warm climate, additional water may be necessary.

Once you have a 3-day supply, consider adding 1 gallon of water per person per day until you reach a 7-day supply. If possible, continue adding water to your kit until you have a total 14-day supply of water for each person in your household.



Water Storage. Water should be stored in clean, tightly sealed plastic containers such as soft drink bottles. Bottled water can also be purchased from local retailers. Rotate water supply every 6 months. Water can be frozen in plastic containers and, in disaster situations, placed in coolers to keep perishable food and prescription medications cool; and then consumed as drinking water when it melts. Be sure not to overfill bottles to avoid breakage when water freezes.

Additional Considerations. Handheld water filters, water purification tablets, water storage

devices, and more can be researched online and purchased from a wide range of retailers. In your online search engine, type “camping water filter reviews” or “water storage containers.”

Visit www.hopebeginshere.org, click on “Family Preparedness” and then “Utilities,” and read about water and sewer challenges and concerns in times of disaster.

NOTES:

¹The human body is comprised of 60 to 70 percent water. Your muscles, lungs, brain, and tissue all contain water and your blood is mostly water. Water is needed to regulate body temperature, transport oxygen and nutrients to your body's cells and organs, remove waste, and protect your joints and organs. For these reasons, water is essential for good health.

²Many health experts determine how much water the human body needs on a daily basis by dividing total bodyweight in half (e.g., 140 pounds ÷ 2 = 70 ounces of water per day). Sufficient water is necessary to avoid dehydration and, in extreme heat conditions, your body may require more than the per day recommended amount.

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WEEK 2: CANNED, PACKAGED & COMFORT FOOD

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CANNED, PACKAGED & COMFORT FOOD.

Store at least a 3-day supply of non-perishable food for each person in your household. Select foods that require no refrigeration or water for preparation¹. For warm climates, avoid foods and ingredients that cause dehydration such as chocolate and caffeine. Choose foods your family will eat and enjoy². When planning your food needs remember children, nursing mothers, and individuals with allergies or medical conditions may have specific dietary requirements or restrictions.

Once you have a 3-day supply, consider adding food until you reach a 7-day supply per person. If possible, continue adding to your food supply until you have a total 14-day supply of food for each person in your household.

Food Storage.

Place food in a clean sturdy garbage can, tote, or other container with wheels



and store in a dry cool place; ideally, in your home shelter area. Regularly buy new food for your kit and rotate older items into your daily consumption. Include a manual can opener and eating utensils in your kit.

Additional Considerations. Emergency food supplies can be purchased in quantities ranging from one day up to one year. Information is available online from a wide range of retailers. In your online search engine, type “emergency food kit.”

NOTES:

¹Use the HOPE Begins Here Family Preparedness Checklist to help you prepare your food list prior to your next trip to the grocery store. Available online at www.hopebeginshere.org (click on “Family Preparedness” and then “Get a Kit / Make a Plan”).

²Include comfort foods like favorite cookies, hard candy, sweetened cereals, lollipops, and more.

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WEEK 3: WARMTH, WEATHER RADIO, FLASHLIGHTS & EXTRA BATTERIES

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WARMTH. Consider including blankets, sleeping bags, sturdy shoes, rain gear, and an extra set of clothes for each family member. If you live where severe winter weather is possible, add gloves, hats, coats, and thermal long underwear for each person. Place items in a clean sturdy garbage can, tote, or other container and store in your home shelter area. Items like sleeping bags, rain gear, and sturdy shoes can be used for other family activities and, when not in use, stored with your preparedness supplies for quick access.

WEATHER RADIO. Get a NOAA Weather Radio¹ with tone alert and extra batteries. You can buy NOAA Weather Radios at many retail outlets including electronics, department, sporting goods, and boat and marine accessory stores.



In addition to a weather radio, get a battery-powered or hand crank AM/FM radio you can use in emergencies to receive local news and important updates.

FLASHLIGHTS & EXTRA BATTERIES. Get 1 flashlight and extra batteries for each person in your household. Heavy Duty or Alkaline batteries have a shelf life of 5 years while lithium batteries may last, as long as, 10 years. Shelf life is how long a battery can stay unused and still have almost 100% of its charge. Once batteries are installed in a flashlight, a chemical reaction starts and the battery will go almost completely flat in 6 months.

NOTE:

¹NOAA Weather Radio is a network of radio stations broadcasting continuous weather information directly from a nearby National Weather Service (NWS) office. It is operated by the NWS, an agency of the National Oceanic and Atmospheric Administration (NOAA) within the United States Department of Commerce. NOAA Weather Radio broadcasts National Weather Service warnings, watches, forecasts, and other hazard information 24 hours a day. It also broadcasts alerts of non-weather emergencies such as national security, natural, environmental, and public safety (e.g., Amber Alerts). The broadcasts cannot be heard on an AM/FM radio receiver.



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HOPE **FAMILY** BEGINS HERE PREPAREDNESS KIT

WEEK 4: CLEAN AIR, FIRST AID & PERSONAL HYGIENE

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CLEAN AIR. Choose barriers¹ to protect your family from contaminated air during times of emergency including barriers for sheltering in place². In some emergencies, tiny microscopic particles can be released into the air. Flooding can create airborne mold, explosions can release fine debris, and in a biological threat, germs may be released that can make you sick. In emergencies like these, contaminants can only hurt you if they get into your body so think about creating a barrier between yourself and particles in the air.

Additional Considerations. Face masks are rated based on how small a particle they can filter. You can research and purchase them online or at some hardware stores. In your online search engine type “N95 and N100 masks.”

FIRST AID. In any emergency, you or a family member may suffer minor injuries, such as cuts or burns. Having basic first aid supplies and knowing how to

treat minor injuries can make a tangible difference for your family or neighbors. Use the HOPE Begins Here *Family Preparedness Checklist*³ to help you prepare your first aid supply needs list.



PERSONAL HYGIENE.

Create a *Personal Hygiene Kit* for each family member and place each kit in a separate one-gallon zip-lock bag. See the HOPE Begins Here

*Family Preparedness Checklist*³ for a suggested list of personal hygiene kit contents.

Keep your personal hygiene kits in a clear plastic tote or other container in your home shelter area for quick access. Regularly buy new toothpaste for your hygiene kits and rotate older toothpaste into your daily use.

Additional Considerations. In addition to your personal hygiene kits, store a minimum 3-day supply of toiletries for each person in your household. Toiletries include toilet paper, towelettes, disinfectant spray, household chlorine bleach, and plastic trash bags (for personal sanitation use). Once you have a 3-day supply, consider increasing your toiletry supplies to a 7-day supply and then, if possible, to a total 14-day supply.

Visit www.hopebeginshere.org, click on “Family Preparedness” and then “Utilities,” and read about sewer challenges and concerns in times of disaster.

NOTES:

¹Available barriers include face masks or dense-weave cotton material for nose and mouth protection; barriers should provide a tight fit. Most of the air you breathe should come through the mask or cloth, not around it.

²Use heavyweight plastic garbage bags or plastic sheeting, duct tape, and scissors to seal a room in an event where the air becomes contaminated and you must shelter in place. To learn more, visit www.hopebeginshere.org and click on “What To Do If...” and then “Sheltering In Place.”

³Available online at www.hopebeginshere.org (click on “Family Preparedness” and then “Get a Kit / Make a Plan”)

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WEEK 5: SPECIAL ITEMS

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SENIORS & PEOPLE WITH SPECIAL NEEDS.

Add items for seniors and people with special needs including a *Personal Health Needs Record*¹ and *Emergency Documents Folder*². See the HOPE Begins Here *Family Preparedness Checklist*³ for a complete list of suggested items for seniors and people with special needs. Consult your doctor or pharmacist to see what else you may need and how to store extra prescription medications such as insulin or heart and blood pressure medicine.

BABIES. Remember the unique needs of newborn babies and infants when making your family preparedness kit. See the HOPE Begins Here *Family Preparedness Checklist*³ for a list of suggested items for babies.

PETS AND SERVICE ANIMALS. Prepare a kit for each household pet and service animal. Whether you decide to stay put in an emergency or evacuate to a safer location, you

will need to make plans in advance for your pets. Keep in mind that what is best for you is typically best for your animals. See the HOPE Begins Here *Family Preparedness Checklist*³ for a suggested list of items for your pets and service animals.

Visit www.hopebeginshere.org, click on “Family Preparedness” and then

“Pets,” and read about what you can do to ensure your pets are prepared for emergencies.

EMERGENCY DOCUMENTS. Important documents should be in a portable water and fire proof box. Make an extra copy of all important documents and, if possible, store with an out-of-state family member or friend. If you keep your originals in a bank safe deposit box, be sure to have copies readily available in another location should your bank become temporarily inaccessible. See the HOPE Begins Here *Family Preparedness Checklist*³ for a list of common emergency documents.

NOTES:

¹Contains written record of all prescription medicines including dosage and allergy information and any routine medical treatments you require. Update as prescriptions and dosages change to keep record current. For more information, visit www.hopebeginshere.org and click on “Family Preparedness” and then “Seniors & Special Needs.”

²Contains copies of important documents (see *Emergency Documents* above). Also contains the style and serial number for each medical or other life-sustaining device you rely on along with operating instructions. Includes contact information for people in your personal support network, as well as, medical or home health care providers.

³Available online at www.hopebeginshere.org (click on “Family Preparedness” and then “Get a Kit / Make a Plan”).

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