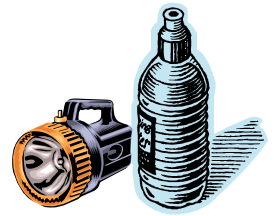




Time to Prepare at Home!

By Martha Smith & Amy Weisner – Emergency Prep Co Chairs



Remember the storms we've recently been through? And it's only February! No power for even a day can take its toll, but think if it was longer or if you couldn't stay in your home. Have you watched the news lately? Washington had a 4.5 earthquake early in the morning Friday, January 30, 2009. Get ready NOW!

Take some time to refresh your existing home emergency supplies or put a new kit together. If you can't do it all at once choose the most important items to you and do them now and the rest later when you have time and money. Buy your items at www.preparesmart.com and help out your school - click on school and look for your school. If it is registered, it will be listed and you just click on it to order. Costco is a good source for water; one case/person rotated as noted below. Our (Amy's) family drinks a lot of water so we store one case/person in our storage area and two in the garage rotating the supply as we go through it.

Always keep a small amount of supplies in your car in case you're stranded there. A backpack is ideal for storing these items. You can then easily carry it if you need to walk home or anywhere else.

Container – Use something portable like a plastic tub with tight fitting lid or even better one on wheels. Locate it as close to your primary house exit as possible, under a window inside the garage or in a separate building or shed on your property. Those items you store in your cars, especially if parked outside, are also available to you when you are home. If you have a camper stored at your house this is ideal! Load it up!

Here is a list of what to include:

ITEMS	Restock/ check Timeframe	How much	What	Your check- list when done
WATER	Rotate every 6 months	3-5 day supply or 12 liters/person	Use camping water totes or commercial water bottles.	
FOOD -	Resupply and rotate every 6 months to your inside food supply so you don't waste food	3 day supply-non perishable foods – use things that don't need cooking or refrigeration and little or no water. Or store a camp stove and pots to cook.	Canned meats, fruits, vegetables, juices, soups. High energy foods – peanut butter, granola bars, trail mix, beef jerky. High calorie food bars Comfort foods – cookies, hard candy, etc. Utensils, cups, plates, washing supplies, can opener Pet food.	
FIRST AID SUPPLIES	Check every 6-12 months	Enough for each person in house.	Bandages, gloves, tweezers, tape, scissors, aspirin, other needed meds, plastic bags, sanitary pads, cold packs, splinting items, needle, thread. Pet medicines.	
TOOLS/ SUPPLIES	Check every 6-12 months	As needed	Crank or battery Radio, batteries, flashlights, lightstix, hand warmers, bucket for toilet, TP, soap or hand-wipes, duct tape, plastic bags, feminine supplies, heavy work gloves, fire extinguisher, gas shut off wrench	
CLOTHING/ BEDDING	Check every 6-12 months	As needed	1 complete change of clothes, warm clothes, coats, extra sturdy shoes, warm socks, hat, gloves, poncho, mylar blankets, sheets, tarps, sleeping bags, tents.	

