

What to do to **Make it Through**





A catastrophe can impact your ability to access food, water and electricity. Learn more about the supplies and tools you will need to make it through.



BUILD A KIT

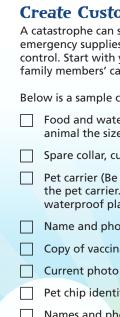
Build a Kit for at Least Seven to 10 Days

Preparing for at least three days will help you make it through many of the disasters you'll face in the Puget Sound region—including major storms and

even small earthquakes. However, to make it through a major catastrophe (like Hurricane Katrina or the earthquake and tsunami in Japan,) you will need to be

pre	pared for significantly longer—at least seven to 10 days.
	Water for 7 to 10 days 1 gallon per person per day for drinking and sanitation
	Food for 7 to 10 days At least a 7 to 10 day supply of non-perishable food per person
	Cash ATMs won't work without electricity. Small bills are best.
	Battery-powered radio and extra batteries
	Flashlight and extra batteries
	First aid kit
	Whistle to signal for help
	Filter mask or cotton t-shirt to help filter the air
	Moist towelettes for sanitation
	Wrench or pliers to turn off utilities if needed
	Manual can opener for food
	Shelter items like tents, tarps and rope
	Garbage bags and plastic ties for personal sanitation
	Unique family needs Supplies for infants, pets and elderly, prescriptions, and important family documents

Imagine if resources aren't available for seven or more days. You might have to take care of minor injuries and access to resources will likely be limited. Help your family become better prepared by gathering additional supplies and customize the list to meet your needs. Once you have the basics, think about items you could use to help yourself and others or simply improve your comfort!



Save Important Documents and Records

dentify critical documents that are important to keep safe. These may include:
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Birth certificates	Insurance contracts

Social security cards	Bank records
Real estate contracts	Passports or other forms of photo identificatio

Make copies and save one set with your kit. Put another set of copies in a safe deposit box. If possible, save files on several USB drives and keep one drive in each location.

Create Customized Kits for Your Car, Work and Pets

A catastrophe can strike at home, work, in your car, at school or at play. Having emergency supplies on hand in several locations will help you feel safe and in control. Start with your home kit first, and then create additional kits for your family members' cars, work and pets.

Below is a sample checklist for a pet:

Food and water for at least seven to 10 days (One gallon per day for an
animal the size of a large dog)

	Spare	collar,	current	ID	and	leash
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Pet carrier (Be sure your name and current phone number are marked on the pet carrier. Place veterinarian, kennel, vaccination records, etc. in a
waterproof plastic bag and tape it to the carrier.)

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Blanket

First aid kit

Bags	for	waste	cleanup)

Plastic litter box (if needed) along with clumping cat litter

Toys for your pets

Visit www.makeitthrough.org to print the checklists and watch a video on putting together a disaster supplies kit on a shoestring budget. For the video, go to www.makeitthrough.org/videos/.



