



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 prepared 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

Identify critical documents that are important to keep safe. These may include:

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| <input type="checkbox"/> Birth certificates | <input type="checkbox"/> Insurance contracts |
| <input type="checkbox"/> Social security cards | <input type="checkbox"/> Bank records |
| <input type="checkbox"/> Real estate contracts | <input type="checkbox"/> Passports or other forms of photo identification |

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
- ☐ 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.)
- ☐ Name and phone number of your veterinarian
- ☐ Copy of vaccination records
- ☐ Current photo of you and your pet in case you are separated
- ☐ Pet chip identification number
- ☐ Names and phone numbers of nearby kennels and animal shelters
- ☐ Blanket
- ☐ Medications and stress/anxiety reducers
- ☐ 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/.

