



Disaster Preparedness

5-7 Day Kit Checklist

Emergency response teams will be very busy and may not be able to provide immediate care to all who need it.

After a disaster, you and your family should be prepared to be on your own for at least three days, but possibly up to 2 weeks.

2 weeks ready may sound intimidating. Use this check list to assemble a 5-7 day kit for you and your family. From there, you can build it out to 2 weeks!

Survival

- Water, 1 gallon per person per day
- First aid kit, freshly stocked
- First aid book
- Food (packaged, canned, baby food)
- Can opener, nonelectric
- Blankets or sleeping bags
- NOAA weather radio
- flashlight and spare batteries, glow sticks
- Essential medications and glasses
- Fire extinguisher, A-B-C type
- Food and water for pets
- Cash, small bills/coins
- Axe, shovel, broom
- Adjustable wrench for turning off gas

Sanitation Supplies

- Large plastic bags for trash and waste
- Large trash containers
- Bar soap, liquid detergent, and shampoo
- Toothpaste
- Feminine and infant supplies
- Toilet paper
- Household bleach
- Large/small towels

Safety and Comfort

- Sturdy shoes
- Heavy gloves for clearing debris
- Matches in waterproof container
- Change of clothing
- Knife or razor blades
- Extra Footwear (boots)
- Garden hose for siphoning and firefighting

- Tent
- Rain poncho
- Dust mask

Cooking

- Barbecue or camp stove and fuel for cooking
- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil

Tools and Supplies

- Duct tape
- Screwdriver, pliers, hammer
- Coil of 1/2" rope
- Plastic tape and plastic sheeting
- Paper / pencil
- Toys for children

Additional Information

- * Your kit should be in a portable container located near an exit door. This is so you can grab it on your way out of your home in an emergency. Do not overload your kit, you may have to carry it a long distance to a safe area.
- * Each family member should have their own kit with food, clothing and water. Distribute heavy items between the adult's kits.
- * Place clothing, matches and personal documents in plastic bags to protect them from water.
- * Keep a flashlight at the top of your kit so you can find it quickly in the dark.
- * Personalize your kit, make it fit the needs of each family member.
- * Inspect your kit at least twice a year. Rotate food and water as needed.
- * Check clothing for proper fit and rotate for summer and winter needs. Replace expired items such as batteries, food and water.
- * Consider the need of older adults, infants, children or those with special needs, such as medications, ointments, diapers, formula etc.



West Pierce Fire & Rescue

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**Phone 253.564.1623
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www.westpiercerescue.org**

*Respond Efficiently · Execute
Flawlessly · BE NICE!*



**University Police
Department**

**3609 Market Place West,
Suite 201
University Place, WA 98466**

**Phone 253.798.4058
Fax 253.798.4867
www.cityofup.com/police-
department**



**Lakewood Police
Department**

**9401 Lakewood Drive SW
Lakewood, WA 98499**

**Phone 253.830.5000
Fax 253.830.5069
www.cityoflakewood.us/
police**

Of, For, About Community

Resources

There are many sources available to your for disaster preparedness!

www.makeitthrough.org
www.ready.gov
www.emd.wa.gov

Pierce County Emergency Management offers PC-NET classes to help you and your neighbors prepare. For more information, contact:

Pierce County Department of Emergency Management
(253) 798-6595

Your Public Safety partners invite you to consider helping your community by becoming part of a Community Emergency Response Team (CERT).

You can find out more about CERT by contacting:

Rachel Adler
Emergency Preparedness Coordinator
West Pierce Fire & Rescue
253.983.4564
www.westpiercerescue.org/CERT

