



**After a disaster, you and your family should be prepared to be on your own for at least three days, but possibly up to seven days. In some emergencies, such as an influenza pandemic, you may need to prepare for a week or more. Emergency response teams will be very busy and may not be able to provide immediate care to all who need it.**

# Disaster Preparedness

## 5-7 Day Kit Checklist

### 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
- Portable radio, flashlight and spare batteries
- Essential medications and glasses
- Fire extinguisher, A-B-C type
- Food and water for pets
- Cash and coins for phones
- 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

### Safety and Comfort

- Sturdy shoes
- Heavy gloves for clearing debris
- Matches in waterproof container
- Change of clothing
- Knife or razor blades

- Garden hose for siphoning and fire fighting
- 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

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

## 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.



*Proudly serving the citizens of  
Lakewood and University Place*

**West Pierce Fire & Rescue**  
**3631 Drexler Drive West**  
**University Place, WA 98466**

**Phone: 253-564-1623**  
**Fax: 253-564-1629**  
**Web: [www.westpierce.org](http://www.westpierce.org)**

***Respond Efficiently, Execute Flawlessly,  
BE NICE!***

## Resources:

There are many sources available to  
you for disaster preparedness!

Check out some of these:

[www.ready.gov](http://www.ready.gov)  
[www.emd.wa.gov](http://www.emd.wa.gov)

Pierce County Emergency Management  
offers PC-NET classes to help you and  
your neighbors prepare. Contact:

Barbara Nelson  
(253) 798-2168



**Lakewood Police Department**

**9401 Lakewood Dr SW**  
**Lakewood, WA 98499**

**Phone: (253) 830-5000**  
**Fax: (253) 830-5069**  
**Web:**  
**<http://police.cityoflakewood.us>**

***Of, For, About Community***

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

*You can find out more about CERT teams  
by contacting:*

Rachel Adler  
Emergency Preparedness Coordinator  
West Pierce Fire & Rescue  
(253) 983-4564

