A few more things to keep in mind.

**If you have pets...** Remember that pets will need food and water during an emergency too. Be sure to store a few gallons of water for your cat or dog. Also be sure to have a pet carrier or leash available in case you need to leave your home.

**If you have kids...** Children are particularly vulnerable during an emergency so make sure you have plenty of supplies to keep them comfortable. Your kit should include their favorite snacks and some games or other activities to help keep them calm and happy if an emergency occurs.

Questions? Want more info?
Visit UO Emergency Management and Continuity on the web or contact us directly.
emc.uoregon.edu   --   541.346.8070
Prepare yourself and your family for emergencies in just 12 weeks.

= Things to purchase or collect.
Store your supplies so they are easy to access. Keep them in a backpack, duffle bag, or even a (clean) garbage bin.

= Things to do. These simple but critical preparedness activities will help you and your family stay safe and healthy.

Week 1: Grocery Store
• 3 gallons water per person
• 2 large jars peanut butter
• 2 large cans juice
• 4 cans protein (e.g. meat or beans)
• Hand operated can opener
• 1 permanent marker
• Diapers, baby food, bottles if applicable

• Make a family emergency plan.
• Date each food item you purchase.

Week 2: Hardware & Supplies
• Hammer, screwdriver, wrench, and crowbar
• Rope, duct tape, plumber’s tape, cords
• 2 crank or battery-powered flashlights

• Check house for hazards; secure loose and heavy objects (e.g. TV, shelves) or anything that may tip over during an earthquake.
• Locate gas and water shutoffs and your electrical panel. Make sure you know how to shut off all utilities, attach any necessary tools.

Week 3: Grocery Store
• 3 gallons water per person
• 3 large cans vegetables
• 4 cans protein (e.g. meat or beans)
• Personal hygiene products

• Establish an out-of-state friend or family member to contact during an emergency.

Week 4: Grocery Store
• 3 gallons of water per person
• 2 cans fruit and 4 cans vegetables
• 4 cans protein (e.g. meat or beans)
• 6 rolls toilet paper
• Toothbrush, toothpaste, and / or denture care
• Any special foods (diabetic, etc.)

• Film or photograph the contents of your home for insurance purposes. Send the film to a family member or friend out of town.

Week 5: First Aid
• Aspirin or acetaminophen
• Hot and cold compresses
• Bandages, gauze, and first aid tape
• Hand and dish soap, hand sanitizer, etc.

Week 6: Grocery Store
• 2 large cans juice
• 4 boxes of energy bars/snacks
• Plastic food bags and aluminum foil
• 3 rolls paper towels
• Paper plates, cups and utensils

• Have a home fire drill.
• Take family pictures to put in emergency kit.

Week 7: First Aid
• Scissors, tweezers, sewing kit
• Thermometer
• Medical device batteries (e.g. hearing aids, etc.)
• Additional supply of medications (1-3 month)

• Put shoes and a flashlight under your bed so they are on-hand during an emergency.

Week 8: Hardware & Supplies
• Water purification (e.g., tablets, filters, bleach)
• Heavy-duty garbage bags
• Waterproof container for vital documents
• Portable radio with batteries

• As applicable, store a spare set of glasses or contacts and saline solution; make a copy of any prescriptions.

Week 9: Grocery Store
• 3 rolls paper towels
• Paper plates, cups and utensils

• Back-up/copy important computer files, photographs, documents, etc. Send a copy to a family member or friend out-of-state.

Remember to rotate your supplies
Replace your emergency supply of water every six months.
Don’t forget to buy food that you enjoy eating -- this will make it easy to rotate your supplies and keep them fresh. Find occasions to swap out your emergency food supplies such as a camping trips or food donations.