

12 Months to Preparedness



Start Putting Together Your Disaster Supplies Kit

City of Bothell™



The Container and Water - January

Container - Purchase a duffle bag or container to keep your emergency supplies in. Be sure that the container is easy to carry and that all member of your family know where the container is kept.

Water – Water is an absolute necessity. Stocking water preserves should be a top priority and a good rule of thumb is to store one gallon of water per person per day (for at least a three-day supply)

Food Supplies - February

Gather supplies for at least a three day supply of non-perishable food items. Select food items that are compact and lightweight and replace those items every six months.

- ✓ Ready-to-eat canned meats, fruits and vegetable
- ✓ Canned juices, milk, and soup
- ✓ Food for infants, elderly and those on special diet
- ✓ High energy
- ✓ Comfort foods
- ✓ A can opener



Mess Kit - March

Along with food and water you will need basic supplies to serve and eat with.

- ✓ Paper cups
- ✓ Paper plates
- ✓ Plastic utensils
- ✓ Paper towels
- ✓ Moist towelettes
- ✓ Garbage bags



Communication - April

It is important to stay abreast of the latest news and information being relayed to the public. Be sure to include the following items for communication needs.

- ✓ A battery powered radio and a NOAA Weather Radio with tone alert
- ✓ Extra batteries for your radios
- ✓ A whistle
- ✓ Pen and paper
- ✓ Map of area



First Aid Kit - May

Accidents happen and it is important that you have a basic first aid kit included in your disaster supplies for minor cuts and scrapes.

- ✓ Sterile adhesive bandages in various sizes
- ✓ Sterile gauze pads in various sizes
- ✓ Hypoallergenic adhesive tape
- ✓ Roller bandages in various sizes
- ✓ Cleansing agent/soap
- ✓ Protective gloves
- ✓ Antiseptic ointment
- ✓ Tweezers



Tool Kit - June

Basic tools will get you a long way if you find yourself without your normal items. Include the following in your disaster supplies kit:

- ✓ A flashlight with extra batteries
- ✓ Utility knife/multi-purpose knife
- ✓ Wrench
- ✓ Pliers
- ✓ Hammer



Bedding and Clothing - July

Be sure to include basic supplies for each member of your family.

- ✓ Blankets or sleeping bags
- ✓ Extra clothes and sturdy shoes
- ✓ Hat and gloves
- ✓ Sunglasses and sunscreen
- ✓ Rain gear



Unique Family Needs - August

Some families have unique or special needs that should be considered and planned for. People such as infants, elderly and those with disabilities may have special diets and unique needs that should be considered.

- ✓ Baby items (i.e. formula, diapers, bottles, powdered milk, medications)
- ✓ Prescription medications
- ✓ Contact lens supplies and/or eyeglasses
- ✓ Special items for those with mobility or sensory disabilities (i.e. folding mobility cane, extra batteries for specialized equipment, etc.)



Shelter-In-Place Supplies - September

Should you be instructed to shelter-in-place, the following supplies will ensure that you are equipped to do so.

- ✓ Duct tape
- ✓ Plastic Sheeting or heavyweight garbage bags
- ✓ Scissors
- ✓ Dust mask(s) – one for each person



Reference Materials, Important Documents and Financial Information - October

In the event of a large-scale disaster you may be required to evacuate your home and community. It is important to have information and copies of certain items with you.

- ✓ Emergency reference materials (i.e. a first aid book, the 12 Months to Preparedness fliers, etc.)
- ✓ Important family documents stored in a portable, waterproof container (i.e. wills, insurance policies, passports, immunization records, inventory of household goods, important telephone numbers, family records, etc.)
- ✓ Cash or traveler's checks (keep in mind banks and ATMs may not be functioning), stocks, bonds, credit card and bank account numbers and information



Long-Term Items - November

In the event of a severe, large-scale event it might be helpful to have the following items to help shelter you from the elements and enable you to cook.

- ✓ Tent
- ✓ Fire extinguisher
- ✓ Alternate cooking method (i.e. camp stove and related supplies)



Pet Supplies Kit - December

Don't forget your pets in the event of a disaster. They rely upon you to keep them safe!

- ✓ Medications and medical records (stored in a waterproof container) and a first aid kit.
- ✓ Sturdy leashes, harnesses, and/or carriers to transport pets safely and ensure that your animals can't escape.
- ✓ Current photos of your pets in case they get lost.
- ✓ Food, potable water, bowls, cat litter/pan, and can opener.
- ✓ Information on feeding schedules, medical conditions, behavior problems, and the name and number of your veterinarian in case you have to foster or board your pets.
- ✓ Pet beds and toys, if easily transportable.

