

Emergency Preparedness Supplies Checklists

For your convenience, you'll find three checklists below linked to Amazon product pages. These generate a small revenue stream to support our nonprofit efforts here (100% of Scott's royalties go to preparedness and permaculture education) and do not increase your costs in any way. **Please** use these links only after you've shopped for what you can from your local retailers; you can print a PDF version of these checklists to take with you for local shopping.

Please augment the [Shelter-in-Place](#) list to last you a minimum of 14 days; more if you would like to be charitable to your neighbors, and more since we live on an island that will be difficult to access after a major natural disaster. A related but separate checklist is for your [Go Bags](#), which are kept packed and ready at hand for a quick three-day evacuation out of the region. Finally, the [Get Home Bag list](#) is a scaled down Go Bag, designed to help you return home one last time after the occurrence or a natural disaster, under the assumption that your normal commute vehicles/avenues are not available.

These checklists were developed by Scott James, based on best practices gathered from FEMA, Red Cross, and preparedness organizations. All three lists - plus a Family Reunification Guide - are included as appendices in his book, [Prepared Neighborhoods](#). His book is also available on [Amazon](#).

Shelter-in-Place Checklist

This “Shelter-in-Place” list can be used for an individual household, or (my strong preference) extended to include select neighbors to take advantage of bulk purchases, sharing of tools, and the many other benefits of a strong neighborhood discussed in [the book](#). Most North Americans certainly do not need to buy more stuff! Instead, we’d do well to reimagine additional uses of our existing possessions for mutual aid, particularly when considered as part of a shared set of materials with neighbors.

Since they are likely stored at your home, your [Go Bags](#) are part of your Shelter-in-Place kit. While you do not need to duplicate gear purchases for both, keep in mind the wisdom of redundancy - “Two is one; one is none” - when considering key items that could make life difficult if they were lost or broken without an available replacement (e.g. a [can opener](#)).

For all items consider a 14-day minimum supply; more if you live in a remote or hard-to-reach area (e.g. an island) and even more if you would like to be able to extend charity to any neighbors who failed to prepare. Many daily-use items such as [rain gear](#) or [sun hats](#) are not included on this list; they are assumed to already be in your place of residence and in good working order.

- [Water](#): two gallons per person, per day. If you have pets or other domestic animals, take note of their normal water needs and add that to your water storage.
- Multi-person water filter such as the [Big Berkey system](#).
- [LifeStraw](#), [Sawyer filter](#), or other personal water purification gear. [Water purification tablets](#) may be preferred.
- [Food: non-perishable](#), easy-to-prepare items that do not require refrigeration. Include food for your pets and domestic animals, too.
- Flashlights: two per person ([one large](#), [one small](#)) with [batteries](#) stored outside of the units. Consider at least one [headlamp](#) per person for hands-free operation.
- Extra [batteries](#).
- Battery-powered, solar, or hand-crank [NOAA weather radio](#).
- Prescription medications and scripts to secure more.
- Backup assistive devices such as glasses, contact lenses/solutions, and hearing aids (with batteries).
- [First aid kit](#), augmented with additional [trauma pads](#), [CeloX](#), [athletic tape](#), and practical instruction manual.
- [N95](#) or (my preference) [P100 masks](#) and additional daily [replacement filters](#).
- [Clear plastic sheeting](#), [larger trash bags](#), and [duct tape](#) for sanitation and weather protection (i.e. covering broken windows).
- Personal hygiene items (e.g. menstrual products, soap, [hand sanitizer](#), [moist towelettes](#), toothpaste).
- Five-gallon bucket with [snap-on toilet lid](#) and optional [deodorant](#).
- Toilet paper and large trash bag of [sawdust](#) for your five-gallon bucket or pit latrine.

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- [Potable water purification tablets](#) (my preference) or [unscented chlorine bleach](#) (does not kill Giardia) or [Betadine antiseptic solution](#) (does not kill Cryptosporidium) and [rubber gloves](#) for sterilization and cleansing. For the liquid solutions, duct tape a [medicine dropper](#) to the bottle.
- Extra [sunscreen](#) and [bug spray](#) if those are an issue in your bioregion.
- [Multi-purpose pocket tool](#).
- Hand tools for dealing with rubble and debris: [multi-purpose folding shovel, 18" or larger pry bar](#), [long handled ax](#), [wire saw](#), and [work gloves](#) (one pair for each person in the household).
- [Small fireproof/waterproof safe](#) that contains extra cash in small bills, an extra set of car keys and house keys, and a binder with copies of personal documents, including pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies, financial/payment records, driver's license, family reunification plans, emergency contact information, etc..
- Standard charger(s) for your cell phone(s) and other small electronic devices.
- [Solar-powered charger](#) with generic USB output for all your small electronic devices.
- Emergency [Mylar blankets](#) (two per person), extra [blankets](#), and [sleeping bags](#)
- [Two-way radio](#) (store batteries outside of the units themselves).
- Under-the-bed items (per your Map Your Neighborhood flipchart): [signal whistle](#), [hardhat](#), [headlamp](#) with fresh batteries, sturdy shoes, [fire extinguishers](#), and your MYN flipchart itself, of course!
- Ability to cook food assuming your normal methods are inaccessible: [waterproof matches](#), [lighters](#), [camp stove](#), extra [fuel canisters](#), appropriately sized [cooking pots](#) for your camp stove.
- Any tools/supplies you deem necessary to secure your home.
- [Shut off tool](#) appropriately sized to turn off your utilities. Best practice: duct tape these tools directly to the devices that need to be shut off.
- [Camping tent](#) (does not need to be a lightweight backpacking version) and [ground tarp](#). If you already have a tent, be sure it includes a [rain fly](#).
- [Tarps](#) and [rope](#) or [paracord](#) to create temporary overhead protection.

Next, pause for a moment to consider any additional special needs for each and every member of your household, including pets. Make note of unusual resources you regularly purchase for these individuals (e.g. diapers). Add these items to your list. Finally, take a moment to review the below [Go Bag list](#) for additional ideas you may decide to duplicate in your Shelter-in-Place list.

Whew! That's quite the list! To reiterate, this list can be used for an individual household, or (my strong preference) extended to include select neighbors. Leverage the good neighbor relationships you are building; many hands make for a lighter (and less expensive) load!

Go Bag Checklist

Add notes to this list for required items specific to you and your loved ones, such as medicines, assistive devices (e.g. eyeglasses), and regional-specific gear (e.g. a [sun hat](#) for desert dwellers, [rain gear](#) for folks in the Pacific Northwest). Also, consider any regional-specific natural disasters you may encounter and add those to your list (e.g. [swim goggles](#) and [P100 breath masks](#) if you'll be [sheltering-in-place](#) after a volcanic eruption).

Each member of your household should have a Go Bag, including pets. Balance loads for weight and content across all bags (i.e. don't place 100% of the food in a single Go Bag). After you've assembled your Go Bag, take photos of each bag with its contents nearby. Laminate these photos for easy reference later as to what is in each bag. Remember that your Go Bag contents count for the same items in your [Shelter-in-Place checklist](#).

- [Duffel bag](#) or large [backpack](#) to hold items
- [Water](#): two gallons per person per day, 3-day supply for evacuation
- Water purification method: [purification tablets](#), [small hand pumps](#)
- Food: 3-day supply of non-perishable, [nutrient dense food](#) for evacuation (include [energy bars](#))
- [Manual can opener](#) if needed
- [Backpacking stove and cookset and utensils](#) with [fuel canisters](#)
- [Two-way radio](#) (store batteries outside of the units themselves)
- Battery-powered, solar, and/or hand-crank [NOAA weather radio](#)
- Two flashlights (one [handheld](#), one [headlamp](#)) with extra batteries stored exterior to flashlight
- [Small first aid kit](#), supplemented with [Celox](#), [trauma pads](#), [athletic tape](#), [Betadine](#), and [disposable gloves](#)
- [Signal whistle](#)
- [Lighter](#) or [waterproof matches](#)
- [P100 mask](#)
- Medications (minimum of 7-day supply)
- Glasses, contact lenses with solution, hearing aids with backup batteries
- Personal hygiene and comfort items: menstrual products, lip balm, pain relievers
- Sanitation: toilet paper, [hand sanitizer](#), [moist towelettes](#), two [trash bags](#), and five large [Ziploc bags](#), and [plastic zip ties](#)
- [Pocket multi-tool knife](#)
- [Work gloves](#)
- Folding [multi-tool shovel/saw](#) with compass
- Cell phone with chargers, [battery backup](#), and/or [solar charger](#)
- [Sleeping bag](#) or two [Mylar blankets](#) and [duct tape](#) to make your own emergency version bag
- [Tarp](#) with 100' [paracord](#) to secure it overhead or an [one person tent](#). Get a second ground [tarp](#) to stay dry.
- Sturdy shoes
- Complete change of sturdy clothing including a long sleeved shirt, long pants
- Two pairs of socks

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- Eye protection: sunglasses, [safety goggles](#), and baseball cap
- Weather protection: [rain poncho](#) or shell jacket, cold weather jacket if weather dictates
- [Sunscreen](#) and [bug spray](#) if those are an issue in your bioregion
- Regional map with possible evacuation routes marked
- [Notebook](#) and [pencil](#)
- [Sillcock key](#)
- A highly visible reminder note to grab your hidden “stash kit” from your [fireproof/waterproof safe](#) with extra keys to your house/vehicle and copies of important personal documents and cash (small bills)
- Additional highly visible reminder note to retrieve items stored elsewhere (e.g. [sleeping bags](#) hung in a nearby closet)
- Important documents on a [USB thumb drive](#).
- Pets: [sturdy leash](#), [harness](#), [collar](#) with ID tags; [Crate](#) for smaller animals not on voice control; [collapsible water bowl](#); minimum 7-day supply of normal food and medications

Get Home Bag Checklist

A Get Home Bag is a version of your [Go Bag](#) stored at your workplace; its purpose is to assist you to get back home, just one time, without access to your normal means of transportation. Store this backpack at your desk; do not assume you will have access to your vehicle or other areas of your workplace.

- Ergonomic small/medium sized [backpack](#) to hold items
- [Water purification bottle](#), a [Nalgene bottle](#) with [purification tablets](#), or a [LifeStraw](#)
- Food: lightweight, nutrient dense food such as [energy bars](#)
- [Two-way radio](#) (store batteries outside of the units themselves).
- Two flashlights (one [handheld](#), one [headlamp](#)) with extra batteries stored exterior to flashlight
- [Small first aid kit](#), supplemented with [CeloX](#), [trauma pads](#), [athletic tape](#), [Betadine](#), and [disposable gloves](#)
- [Signal whistle](#)
- [Lighter](#) or [waterproof matches](#)
- [P100 mask](#)
- Backup glasses, contact lenses with solution, hearing aids with batteries
- Personal hygiene and comfort items: menstrual products, lip balm, pain relievers
- Sanitation: toilet paper, [hand sanitizer](#), [moist towelettes](#), two [trash bags](#), and five large [Ziploc bags](#), and [plastic zip ties](#)
- [Pocket multi-tool knife](#)
- [Work gloves](#)
- Cell phone with chargers, [battery backup](#), and/or [solar charger](#)
- Two [Mylar blankets](#) and [duct tape](#) to make your own emergency version bag
- [Tarp](#) with 100' [paracord](#) to secure it overhead.
- Sturdy shoes (leave your fancy work shoes at work)
- Complete change of sturdy clothing including a long sleeved shirt, long pants
- Two pairs of socks
- Eye protection: sunglasses, [safety goggles](#), and hat
- Weather protection: [rain poncho](#) or shell jacket, cold weather jacket
- [Sunscreen](#) and [bug spray](#) if those are an issue in your bioregion
- Regional map with possible “get home” routes marked
- [Notebook](#) and [pencil](#)
- [Sillcock key](#)
- Important documents on a [USB thumb drive](#)

About the Author

“Resilience is a worthwhile pursuit.” – Scott James

BusinessWeek named Scott James as one of “America’s Most Promising Social Entrepreneurs” and Forbes Magazine profiled him as a “Game Changer.”

The products from his companies have been featured in publications as diverse as Oprah’s O Magazine, National Geographic, Parents Magazine, the Washington Post, Outside Magazine, and US News & World Report. His film projects range from the opening shorts at the United Nations Climate Change Summits (Producer Lyn Lear and Director Louie Schwartzberg) to the breakthrough nature-based series on Netflix (title series: “Moving Art”).

Scott was awarded the Governor’s Award of Excellence in Service by the state of Washington for his nonprofit community preparedness work. Scott’s training includes permaculture, Transition Towns, CERT, Wilderness First Responder, as well as mindful movement techniques such as MovNat and yoga...all of which tend to be reflected in his work.

Scott previously worked in the high tech sector, including Visio and Microsoft, and completed degrees at Baylor University and University of Notre Dame. He lives with his wife and children on an island micro-farm in the Pacific Northwest.

Scott does 1:1 sessions with top performers and small teams of senior thinkers, particularly among the social entrepreneurship tribe. You can learn more at www.scottjames.me.

This is his first book.