

Suggested Emergency Preparedness Supplies for CERTS

In Order of Priority

There are a ton of emergency preparedness supplies out there. It can be overwhelming to think of everything you don't have and how much it all costs. Starting with the basics and building your inventory of supplies over time is the only way to do it.

Water Storage

- At least a gallon per day for each member of household (and pets) for 10 days.
- Gallon jugs can be purchased at the grocery store for a \$1 or less.
- Jen has information on long term water storage options.

Food Storage

- Check your pantry; you might already have what you need.
- At least a week's supply of canned goods and staples like rice, pasta, flour, etc.
- You can build this over time by purchasing one or two items each grocery trip.
- Only buy and store what you normally eat. A disaster is no time to force yourself to eat something you (or your kids) don't really like.
- Jen recommends keeping food storage in your regular pantry. Rotating stock (first in, first out) is important; it preserves your investment so you're not throwing away expired food in 5-10 years.

Smoke and Carbon Monoxide Detectors

- One for each bedroom, kitchen, near furnace / heat pump, water heater, garage.
- At least one for each level of your home.
- Smoke and Carbon Monoxide Detectors need to be replaced every 10 years. Seriously.
- Home Depot sells many models, some for less than \$10. Jen spent about \$30 for each of hers.
- If on a budget – only buy the more expensive Smoke / Carbon Monoxide combo units for areas near natural gas appliances (furnace/water heater/stove). Buy the cheaper regular smoke detectors for bedrooms. You can always upgrade them one at a time later.

Fire Extinguishers

- One for each high-risk area: kitchen, laundry room, garage.
- Aim for at least one on each level of your home.
- Use an old one for practice, have each family member pull the pin and give it a squeeze.

Flashlight

- It's worth it to buy a quality flashlight, but this doesn't mean you have to buy a \$60 Maglite.
- A \$10-\$15 LED model will do the trick, the bulbs are more reliable and they don't drain batteries as fast as the old incandescent flashlights.
- Jen recommends a Head Lamp for your CERT Helmet. Less than \$20 at Home Depot.

Battery Operated Radio

- Jen keeps old-school Sony Walkman radios in her kits. They were less than \$10 on Amazon.

Batteries

- Enough to power the flashlight and radio for a few days. Maybe 3-4 sets for each.
- Buy high quality. They last longer in both storage and devices and are less prone to leaking.
- Following are some tips for proper battery care and use from Duracell:
 - www.duracell.com/en-us/battery-care-and-disposal
 - Use the correct size and type of battery specified by the manufacturer of your device.
 - Keep battery contact surfaces and battery compartment contacts clean by rubbing them with a clean pencil eraser or a rough cloth each time you replace batteries.
 - Remove batteries from a device when it is not expected to be in use for several months.
 - Remove batteries from equipment while it is being powered by household (AC) current.
 - Make sure that you insert batteries into your device properly, with the + (plus) and – (minus) terminals aligned correctly. CAUTION: Some equipment using more than three batteries may appear to work properly even if one battery is inserted incorrectly.
 - Store batteries in a dry place at normal room temperature. Do not refrigerate Duracell batteries; this will not make them last longer.
 - Extreme temperatures reduce battery performance. Avoid putting battery-powered devices in very warm places.
 - Do not attempt to recharge a battery unless the battery specifically is marked “rechargeable.”
 - Some dead batteries and batteries that are exposed to extremely high temperatures may leak. A crystalline structure may begin to form on the outside of the battery.

First Aid Kit

- Assorted sizes / shapes of band aids
- Neosporin (or similar)
- Ace Bandages (compression wrap)
- Thermometer
- Tweezers

Basic “Medicine Cabinet”

- Fever Reducer (Tylenol)
- Anti-Inflammatory (Ibuprofen)
- Allergy (Benedryl)
- Heartburn (Tums)
- Extra Prescription Medication

Personal Protective Equipment

- Work Gloves (heavy duty / leather)
- Protective Eye Wear (glasses or goggles)
- Sturdy Shoes

Supplies to Secure Heavy Furniture

- Bookcases, China Cabinets, TV Stands, Grandfather Clocks, etc.
- QuakeHOLD! is a name brand. Home Depot sells these supplies for \$4-\$16.
- Be sure your water heater tank is strapped to studs. Home Depot sells kits for \$10-\$16.

Remember that Rome wasn't built in a day. With every step you take, you are more prepared, more resilient, and better equipped to face any disaster.