

# BUILD YOUR EMERGENCY KIT – 72HR KIT – backpack or suitcase

## ESSENTIALS \*\*pack everything in plastic bags\*\*

- ☐ Water – in bottles or bags
- ☐ Water filter (LifeStraw)
- ☐ Survival Food Bars (Millennium or SOS)
- ☐ Freeze dried backpacker meals
- ☐ Prescription medications (3 days worth)
- ☐ One full set of clothes
- ☐ Emergency Radio + batteries
- ☐ Extra way to charge your phone
- ☐ Paper with important phone numbers
- ☐ Copies of important documents (paper and/or digital) – Identification, Insurance, etc...
- ☐ Book of Mormon (or copies of parts)
- ☐ Local maps, including HUB locations
- ☐ Flashlight
- ☐ Entertainment – small games, book or novel
- ☐ Emergency blanket or bivy (compact)
- ☐ Emergency poncho (compact)
- ☐ Pen and/or marker and paper
- ☐ Small basic first aid kit (recommend \$12 *Travel Medic* by Adventure Medical Kit)
- ☐ Cash (small bills)
- ☐ Small Personal toiletries – soap, shampoo, small mirror, travel toothbrush, toothpaste, floss, ear plugs, deodorant, claspstick, tissues, razor, nail clippers, baby powder, etc...
- ☐ Glasses and/or contact lens solution
- ☐ Go Anywhere Toilet Kit + Toilet paper
- ☐ Garbage bags + plastic ties
- ☐ Reusable grocery shopping bag
- ☐ Dust mask – (\$10 p100 3M Particulate Respirator)
- ☐ Multipurpose tool (Leatherman) incl can opener
- ☐ Tools to turn off utilities (if in a house)

## UNDER THE BED

- ☐ Sturdy shoes
- ☐ Socks
- ☐ Gloves (protect hands from glass)
- ☐ Flashlight
- ☐ Hard hat
- ☐ Whistle (emergency signal = 3 blasts)

## ADD TO YOUR KIT

- ☐ Duct Tape (you can get small rolls)
- ☐ Shovel
- ☐ Rope
- ☐ Cold weather gear – gloves, hat, etc..
- ☐ Warm weather gear – sunblock, hat
- ☐ Instant hand warmers
- ☐ Insect repellent
- ☐ Extra clothes – socks and undies
- ☐ Extra food – snacks, treats, gum
- ☐ Portable toilet
- ☐ Larger bottle of Purell
- ☐ More advanced first aid kit
- ☐ Scissors (heavy duty)
- ☐ Small sewing kit
- ☐ Bolt battery pack (jump starting car)
- ☐ Hatchet
- ☐ Glow stick
- ☐ Water purification tablets
- ☐ Umbrella

## COMMON CAMPING SUPPLIES

- ☐ Sleeping Bag
- ☐ Hammock
- ☐ Tent
- ☐ Tarp
- ☐ Travel towels, blankets, pillows
- ☐ Camp stove + fuel
- ☐ Camping plates, cups, bowls, cutlery
- ☐ Lantern or larger lights (Luci lantern)
- ☐ Bear Pepper Spray
- ☐ Headlamp
- ☐ Matches / fire starter

## OTHER NEEDS

- ☐ Feminine products
- ☐ Baby needs – diapers, wipes, formula
- ☐ Toys to keep kids entertained
- ☐ Pet needs – extra food and water, etc...
- ☐ Fire extinguisher

# CITY OF SEATTLE **EMERGENCY PREPAREDNESS** RESOURCE LIST

## **FIND YOUR NEAREST HUB LOCATION**

(scroll over half way down the page after entering your address)

<https://hazardready.org/seattle/en/>

## **Sign up for City of Seattle and King County Alerts**

<https://alert.seattle.gov/>

<https://www.kingcounty.gov/depts/emergency-management/alert-king-county.aspx>

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## **Seattle and King County Ready**

<https://hazardready.org/seattle/en/>

## **Seattle Hazard Explorer**

<https://www.arcgis.com/apps/MapSeries/index.html?appid=0489a95dad4e42148dbef571076f9b5b>

## **Seattle Hazard Identification and Vulnerability Assessment (SHIVA)**

<https://www.seattle.gov/Documents/Departments/Emergency/PlansOEM/SHIVA/SHIVA v7.0.pdf>

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## **Seattle Emergency HUBs**

<http://seattleemergencyhubs.org/>

## **Short cut to Seattle Interactive Hub Map**

<http://seattleemergencyhubs.org/seattle-emergency-neighborlink-map/>

## **SNAP “Seattle Neighborhoods Actively Prepare” info**

<https://www.seattle.gov/emergency-management/prepare/prepare-your-neighborhood/seattle-neighborhoods-actively-prepare#onlinetoolkit>