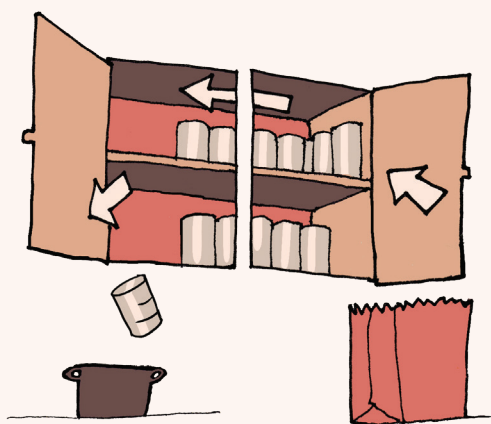


Every Portlander with resources in their budget should gather supplies for two weeks. You should have at least 1 gallon of water per person, per day (14 gallons per person total). Include more for pets.

Below is a sample plan for creating **an emergency supply kit for one person.**

- Build a kit that meets your family's needs.
- Buy a variety of foods you like that don't need to be cooked.



TIP: Store food in your pantry and rotate "left to right" by expiration date. When you buy a new item, add it to the right side. When you eat an item, take it from the left side.

You may already have some of these items around your home. Gather them all in a place that everyone can get to easily.

Learn more at: [PublicAlerts.org/supplies](https://www.publicalerts.org/supplies)

WEEK 1

- ☐ 3 gallons water
- ☐ 3 cans or packs of ready-to-eat protein (tuna, beans, etc.)
- ☐ Manual can opener

WEEK 2

- ☐ High-energy foods (1 bag trail mix or 4 energy bars)
- ☐ 3 pouches ready-to-eat rice

WEEK 3

- ☐ First aid kit - buy a new kit or check your kit and buy fresh supplies
- ☐ Large tub and lid to hold kit items

WEEK 4

- ☐ Flashlight and batteries
- ☐ Lighter or matches in a sandwich baggie

WEEK 5

- ☐ 3 gallons water
- ☐ 1 jar nut butter
- ☐ 1 box whole-grain crackers

WEEK 6

- ☐ 3 gallons water for each person
- ☐ 3 cans fruit (applesauce, peaches, pineapple)
- ☐ Disposable plates, cups, silverware
- ☐ Aluminum foil

WEEK 7

- ☐ Pain reliever
- ☐ Thermometer
- ☐ Hand soap
- ☐ Hand sanitizer

WEEK 8

- ☐ Non-sparking aluminum shutoff wrench for utilities
- ☐ Fire extinguishers (If you have them, check the expiration dates.)



WEEK 9

- ☐ 3 gallons water per person
- ☐ 3 cans vegetables (such as corn, carrots, peas)
- ☐ 3 packages dried fruit (such as banana chips, raisins or fruit leather)
- ☐ Playing cards, puzzles, books, games

WEEK 10

- ☐ Utility knife or multitool
- ☐ 1 heavy duty rain poncho

WEEK 11

- ☐ Laxatives
- ☐ Antacids
- ☐ Anti-diarrheals
- ☐ Rubbing alcohol
- ☐ 2 rolls toilet paper
- ☐ 1 - 64 oz. bottle regular, unscented bleach
- ☐ Medicine dropper (for purifying water - 8 drops bleach in 1 gallon water)

WEEK 12

- ☐ Duct tape
- ☐ Whistle
- ☐ Tarp

WEEK 13

- ☐ 2 gallons of water per person
- ☐ 3 cans or packs of protein (tuna, beans, etc.)
- ☐ Favorite foods (instant coffee, tea, juice, cookies, chocolate)

WEEK 14

- ☐ Plastic forks, spoons & knives or camp meal tool (such as a metal or plastic "spork")
- ☐ Garbage bags (10)
- ☐ High filtration masks (N95, P100)

WEEK 15

- ☐ Two buckets with tight fitting lids (for pee and poo)
- ☐ Toilet seat bucket lid(s)
- ☐ Layering material (newspaper, sawdust, etc.)

WEEK 16

- ☐ 3 cans fruit (such as peaches, pineapple or applesauce)
- ☐ 1 jar salsa, can tomato sauce, or other canned sauce

WEEK 17

- ☐ Work gloves
- ☐ Pry bar
- ☐ Cash in small bills

WEEK 18

- ☐ Blanket or sleeping bag
- ☐ Change of clothing and sturdy footwear

WEEK 19

- ☐ 1 Electrolyte drink (pediatric electrolyte solution, oral rehydration solution, or electrolyte powder)
- ☐ 3 cans of vegetables (such as peas, carrots, corn)
- ☐ Favorite foods (instant coffee, tea, juice, cookies, chocolate)

WEEK 20

- ☐ Toothbrush/toothpaste
- ☐ 1 box facial tissues
- ☐ Feminine hygiene products (sanitary pads work as absorbent bandages)

WEEK 21

- ☐ Hand-crank weather radio

WEEK 22

- ☐ Local map
- ☐ Permanent marker, paper, and pencil
- ☐ Other items you may need (see list below)

WEEK 23

- ☐ Other items you may need (see list below)

WEEK 24

- ☐ Make a work or car kit: include water, food, a sleeping bag or blanket, a first aid kit, prescription medicine, cash, and a cell phone charger

OTHER ITEMS YOU MAY NEED

- Formula, diapers, wipes, bottles, pacifiers, infant medications
- Glasses, contact lenses and solution, hearing aid batteries, other specialized medical care items
- Communications board, model numbers of required medical devices, portable wheelchair, medical alert ID.

If you use a dialysis machine or other life-sustaining equipment or treatment, know the location of more than one facility. Make sure your support network knows your information and can operate any devices you need.

Pets should have a collar and ID/rabies tags. Include food, water, bowls, leash/harness, crate/carrier, medical and vaccination records, sanitation needs (pet litter and litter box, newspapers, plastic bags), and a photo of you with your pet in your preparedness kit.

OTHER THINGS TO PUT IN YOUR KIT

- Copies of important documents like birth certificates, passports, driver's licenses, bank/credit card account information, prescription medication (names and dosage), and insurance policies.
- A family communications plan – write down the phone numbers of everyone in your household, as well as some nearby friends and family.
- An "Out of Area Contact" - write down the phone number of someone who does not live in Oregon or Washington that your whole household will check in with after an emergency, when local phone lines may be busy or broken.

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WEEKLY SHOPPING LIST FOR EMERGENCY PREPAREDNESS



**Build a family disaster kit
in 24 weeks**