

Two weeks at home checklist

Everything for a 72-hour kit and two weeks at home without power, water or the internet. Based on Ready.gov.

Water

- ☐ **Drinking water, 1 gallon per person per day**
Use the SIREN water and food calculator for your total. More in hot weather, for nursing mothers and the sick.
- ☐ **Water for pets**
About an ounce per pound of pet a day.
- ☐ **A way to treat water**
Filter, purification tablets, or unscented bleach and a dropper.
- ☐ **Know how to fill the bathtub with sealed storage**
A tub liner holds about 100 gallons for washing and flushing.
- ☐ **Date your water and set a reminder to rotate it**
Every six months for water you bottled yourself.

Food

- ☐ **Ready-to-eat canned and packaged food**
Three days in the kit, two weeks at home.
- ☐ **Manual can opener**
Electric ones do not help here.
- ☐ **High-calorie bars for the go-bag**
Long shelf life, light, no prep.
- ☐ **Food for infants, special diets and pets**
Formula, allergy-safe foods, pet food.
- ☐ **A safe way to heat food**
Camp stove plus fuel, used with ventilation; never charcoal or a generator indoors.
- ☐ **Plates, cups, utensils, trash bags**
Disposable saves water.

Light & power

- ☐ **Flashlight or headlamp for each person**
Plus spare batteries.
- ☐ **Spare batteries in the sizes you use**
Check them twice a year.
- ☐ **Phone power bank, charged**
Keep it topped up; a solar one recharges in daylight.
- ☐ **Lanterns for the house**
Battery lanterns light a room safely; avoid candles where you can.
- ☐ **Backup power for medical devices**
If anyone relies on powered equipment, plan this first.
- ☐ **Car charger for phones**

Information & communication

- ☐ **Battery or hand-crank NOAA weather radio**
Gets emergency broadcasts without power or signal.

- ☐ Turn on emergency alerts on every phone
Settings → Notifications → Emergency alerts. Sign up for your county's alerts too.
- ☐ Written list of phone numbers
Phones die; paper does not.
- ☐ An out-of-area contact everyone checks in with
Long-distance calls often get through when local ones don't. Texts are better than calls.
- ☐ Whistle to signal for help
- ☐ Paper map of your area and a compass
Mark two ways out of your neighbourhood.

First aid & medicine

- ☐ First aid kit, and know how to use it
A free Stop the Bleed or first-aid class is worth more than the kit.
- ☐ Prescription medicines
A week or more. Ask your pharmacist or doctor about an emergency supply.
- ☐ Glasses, contact lenses and solution
- ☐ Over-the-counter basics
Pain relief, antihistamine, anti-diarrhoea, electrolytes.
- ☐ Masks for smoke and dust
NIOSH-approved N95s.
- ☐ Emergency blankets

Sanitation & hygiene

- ☐ Moist towelettes, soap, hand sanitiser
- ☐ Heavy trash bags and ties
- ☐ Emergency toilet bags or a bucket toilet
- ☐ Toilet paper, menstrual and incontinence supplies
- ☐ Unscented household bleach and a dropper
For disinfecting, and for treating water if needed.

Documents & money

- ☐ Copies of IDs, insurance policies, deeds, medical records
In a waterproof bag, plus encrypted scans.
- ☐ Cash in small bills
Card machines need power and networks.
- ☐ Photos of your home and belongings
For insurance claims. Update yearly.
- ☐ Spare keys for house and car
- ☐ Encrypted backup of important files

Tools & safety

- ☐ Multi-tool or basic toolkit
- ☐ Wrench or pliers to turn off utilities
Know where your gas, water and electric shut-offs are. Turn gas off only if you smell it or are told to.

- ☐ Fire extinguisher, and everyone knows where it is
- ☐ Working smoke and carbon monoxide alarms
Test monthly. CO alarms matter most when generators come out.
- ☐ Duct tape and plastic sheeting
- ☐ Work gloves and sturdy shoes by the bed

Warmth & shelter

- ☐ Change of clothes and sturdy shoes per person
- ☐ Sleeping bag or warm blanket per person
- ☐ Rain gear
- ☐ Tarp and rope

The plan

- ☐ Two meeting places: outside your home, and outside your neighbourhood
- ☐ Know your evacuation routes and where local shelters are
- ☐ A plan for pets, children at school, and anyone who needs help moving
- ☐ Pack the 72-hour kit in a bag by the door
- ☐ A smaller kit in the car and at work
- ☐ Practise once a year, and review this list