



Emergency Information Handbook

The purpose of the information that follows is to provide Residents of Waterfront Landings condominiums with an Emergency Guide, which provides basic steps to be followed in the event a disaster affecting WFL Residents occurs.

Please take time to familiarize yourself with the contents in the handbook and take advantage of the procedural directions, as well as, tips on surviving a disaster. Ultimately, it is *your* responsibility to know the primary way to leave the building and to create a backup plan. The proactive steps taken before a disaster occurs can help in making better decisions for individuals, families and our neighborhood.

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Office of Emergency Management.
<http://www.washington.edu/emergency>*



Table of Contents

Fire	2
Earthquake	6
Winter Storm	10
Severe Storms	14
Hazardous Material Incident	18
Terrorism	24
Extreme Heat	28
Flood	32
Maintenance Tips for Your Home	
▪ Smoke Alarm	36
▪ Water Shut Off	36
▪ Pilot Light	37
Disaster Kit Checklist	40

What to Do in Case of...

Fire

A fire occurring at Waterfront Landings Condominium could involve areas where multiple-occupancy residences are clustered closely together, increasing the possibility of rapid spread of a structural fire. The causes of fires usually involve one of the following:

- Criminal acts (arson)
- Building and residential accidents (faulty insulation or connections, improper use of electrical appliances, grease fires, smoking in bed, baseboard heaters)
- Industrial accidents (hazardous materials incidents, explosions, transportation accidents)

BEFORE

- Plan and practice an escape route.
- Post emergency numbers near telephones.
- Learn how to use fire extinguishers if you have one in your unit.
- Do not store combustible materials in closed areas or near a heat source.
- Extension cords can be dangerous. Never run them under carpets, or anywhere they can be pinched under or behind furniture. Avoid overloading electrical sockets and plugging extension cords together.
- Keep all electrical appliances away from anything that can catch fire. Remember to always turn them off at the end of the day.
- Pay attention to housekeeping issues. Do not clutter exits, stairways, and storage areas with waste paper, empty boxes, and other fire hazards.

DURING

- Sound the alarm to notify residents by activating a pull station alarm located in the common area hallways, no matter how small the fire
- Call 9-1-1
- Get out as quickly and as safely as possible.
- Close doors in each room after escaping to delay the spread of the fire.
- Use the stairs to escape. Do not use elevators.
- When evacuating, stay low to the ground. If possible, cover mouth with a cloth to avoid inhaling smoke and gases.
- Once outside, move away from the Building and wait for instructions from the fire department.
- Report injured or trapped persons and any signs of building damage you observed.

If unable to leave the building

If you are unable to leave the building, you should create an area of refuge:

- Seal the room. Use wet cloth to stuff around cracks in doors and seal up vents to protect against smoke.
- Do not break windows. Flames and smoke can come back in from the outside. If you need air, open the window a crack.
- Stay low under smoke. The freshest air is near the floor. Keep a wet cloth over your nose and mouth, breath through your nose only.
- Signal for help. Use the telephone, or hang something in the window.

AFTER

- Give first aid where appropriate. Seriously injured or burned victims should be transported to professional medical help immediately.
- Stay out of damaged buildings. Return to building when local fire authorities say it is safe.
- Look for structural damage.
- Discard food that has been exposed to heat, smoke, or soot.
- Don't discard damaged goods until after an inventory has been taken. Save receipts for money relating to fire loss.

ADDITIONAL INFORMATION

- UW Environmental Health and Safety Department/Facility Safety Office: <http://www.ehs.washington.edu/fsofire/index.shtm>
- Federal Emergency Management Agency: <http://www.fema.gov/pdf/hazards/firefs.pdf>
- American Red Cross: http://www.redcross.org/services/disaster/0,1082,0_584_,00.html
- U.S. Fire Administration: <http://www.usfa.fema.gov/>
- Seattle Fire Department: http://www.ci.seattle.wa.us/fire/text/pubEd/brochures/t_brochures.htm

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What to Do in Case of...

Earthquake

The Puget Sound region is seismically active, with hundreds of earthquakes occurring every year. Most of these earthquakes are so small they can only be detected by sensitive instruments. However, damaging earthquakes have occurred in this region during the past 130 years. The danger and risks of earthquakes can be reduced if people know what actions to take before, during and after an earthquake.

BEFORE

- Make sure the shelves in your unit are secure and designed with latching doors or raised edges to prevent objects from falling.
- Top-heavy furniture and equipment must be bolted to walls or floor.
- Store breakables and heavy objects on lower shelves. Overhead lights, heavy artwork, and mirrors need to be anchored.
- Store flammable liquids in flammable liquids storage cabinets.

DURING

- If **INDOORS**, stay indoors. Move away from windows that may break and furniture or large objects that could fall over. Take cover under a table, bench or desk and hold on, or go to an interior wall or hallway. Expect fire alarm and sprinkler systems to activate.
- If you're in a **CROWDED ROOM OR COMMON AREA**, do not rush for exits. If outdoors, stay outdoors. Move to an open area away from trees, buildings, utility poles and lines, or signs.

AFTER

- Only after the shaking stops, evacuate cautiously, taking your keys, wallet, purse, coat, and any emergency supplies.
- On your way out, look for signs of building damage or for persons who are injured or trapped. Watch for falling objects as you leave the building.
- Turn on a battery-powered radio if available for information.
- If possible, do not use the phone for local calls, except emergencies, during the first 15-30 minutes after the earthquake. Overloading the phone system with calls may delay the delivery of emergency assistance.

ADDITIONAL INFORMATION

- Affirmation of "Drop, Cover, and Hold On" in an Earthquake at:
<http://www.fema.gov/hazards/earthquakes/nehrrp/hold.shtm>
- Environmental Health and Safety:
<http://www.ehs.washington.edu/training/corsdesc.htm#EarthquakePre>
- Washington State Emergency Management:
<http://www.wa.gov/wsem/>
- American Red Cross:
http://www.redcross.org/services/0,1103,0_313_,00.html
- Federal Emergency Management:
<http://www.fema.gov>
- Department of Homeland Security:
<http://www.ready.gov/>

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What to Do in Case of...

Winter Storm

The Puget Sound region can expect a severe winter storm once every three to four years. These types of winter storms (ice or wet, heavy and sticky snow) can grind the whole city to a halt shutting down transportation system, and placing demands on the power systems. During these types of storms accidents rise among those who try to drive, and can trap people at home or work.

BEFORE

Stay Informed. Listen to the radio or television for latest weather information.

Winter Storm Watches and Warnings

A winter storm watch indicates that severe winter weather may affect your area. A winter storm warning indicates that severe winter weather conditions are definitely on the way or have already begun.

A blizzard warning means that large amounts of falling or blowing snow and sustained winds of at least 35 miles per hour are expected for several hours.

DURING

- Stay safe, warm, dry and calm.
- Do not drive unnecessarily. Of deaths related to ice and snow, 70 percent occur when people are stranded in cars or involved in accidents. If you must drive, bring necessary supplies.
- Dress warmly enough to prevent frostbite and hypothermia.
- Do not go outside if you don't have to.

In a Car or Truck

- In extreme cold or in heavy snow, stay with your car until you can be rescued
- Run the motor about ten minutes each hour for heat.
- Open the window a little for fresh air to avoid carbon monoxide poisoning.
- Make sure the exhaust pipe is not blocked, which would cause dangerous fumes to backup inside the car.
- Make yourself visible to rescuers. Tie a bright cloth to your antenna or door to alert rescuers.
- Turn on your dome light, at night, when running the engine.
- Raise the hood indicating trouble after snow stops falling.
- Exercise from time to time by vigorously moving arms, legs, fingers and toes to keep blood circulating and to keep warm.

ADDITIONAL INFORMATION

- National Weather Service:
<http://www.wrh.noaa.gov/Seattle/>
- Washington State Emergency Management:
<http://emd.wa.gov/5-ppt/trng/pubed/winterprep/clothing-frostbite-hypothermia.htm>

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What to Do in Case of...

Severe Storms

Although the Pacific Northwest escapes the threat of hurricanes, the region is no stranger to strong, damaging winds. Each fall and winter season, several Pacific low pressure systems impact the Pacific Northwest, producing strong winds to 60 mph, and causing some power outages and property damage. About once every decade, storms with powerful winds of 70 mph or more pound the region, producing widespread power outages and significant property damage.

TORNADOES are rare events in the Northwest, but they can happen anywhere. In 2001, there were two confirmed tornadoes in the Seattle area.

HAIL is produced by many strong thunderstorms. Hail can be smaller than a pea or as large as a softball and can be very destructive to vegetation and property. In a hailstorm, take cover immediately.

BEFORE

Stay Informed. Weather Radios enable you to monitor weather related forecasts, watches and warnings - 24 hours a day direct from the National Weather Service. <http://www.wrh.noaa.gov/sew/>

Severe Storm Watches and Warnings

A severe storm watch indicates that severe weather may affect your area. A severe storm warning indicates that severe weather conditions are definitely on the way.

DURING

- If you are **INDOORS**, move away from windows or other objects that could fall, and to lower floors in multi-story buildings.
- If you are **OUTDOORS**, move into a building and avoid downed electric power lines, utility poles, and trees.
- Listen to your radio for emergency instructions.

AFTER

- Check yourself and those around you for injuries.
- Evacuate damaged buildings. Do not re-enter until declared safe by authorities.
- Call 9-1-1 only to report a life-threatening emergency. If you smell gas or hear a hissing sound indoors - open windows and leave the building. Call 911 and then Puget Sound Energy (day or night) toll free at 1-888-225-5773. Finally, contact the front desk so they can follow proper emergency procedures. Do not use matches, candles, open flames or electric switches indoors.
- Monitor your portable or weather radio for instructions or an official "all clear" notice. Radio stations will broadcast what to do, the location of emergency shelters, medical aid stations, and the extent of damage.

ADDITIONAL INFORMATION

- National Weather Service:
<http://www.nws.noaa.gov/om/brochures/ttl.pdf>
- Washington State Emergency Management:
<http://emd.wa.gov/5-ppt/trng/pubed/Windstrm.pdf>

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What to Do in Case of...

Hazardous Material Incident

The users of hazardous materials have historically had a good safety record. Sound safety programs, a controlled environment allowing ready access to the general site and the product, good equipment, a tested quick response capability and well-drilled personnel have contributed to this excellent record. However, incidents can occur in even the safest environment and an absence or breakdown of any of the above safeguards could result in a major emergency. User incidents may result from equipment failure, human error, failure to follow established procedures, natural disaster, or sabotage.

DURING

If Caught at the Scene of an Accident

- If you see an accident, call 9-1-1 to report the nature and location of the accident as soon as possible.
- Move away from the accident scene and help keep others away.
- Do not walk into or touch any of the spilled substance. Try not to inhale gases, fumes and smoke. If possible, cover mouth with a cloth while leaving the area.
- Stay away from accident victims until the hazardous material has been identified.
- Try to stay uphill and upwind of the accident.

How you may be notified of a major Haz Mat incident

In the event of a major chemical emergency, you will be notified by the authorities. To get your attention, a siren could sound, you may be called by telephone, or emergency personnel may drive by and give instructions over a loudspeaker. Officials could even come to your door.

Listen carefully to radio or television emergency alert stations (EAS), and strictly follow instructions. Your life could depend on it.

You will be told:

- The type of health hazard
- The area affected
- How to protect yourself
- Evacuation routes (if necessary)
- Shelter locations
- Type and location of medical facilities
- And the phone numbers to call if you need extra help.

Do not call the telephone company, and do not call EMS, 9-1-1, or the operator for information. Dial these numbers only for a possible life-threatening emergency.

Shelter-in-place

- You can provide a minimal amount of protection to your breathing by covering your mouth and nose with a damp cloth.
- Close all windows
- Turn off all fans, heating and air conditioning systems
- Go to a room (stay out of the parking garage) with the fewest windows and doors.
- Wet some towels and jam them in the crack under the doors.
- Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate.

Evacuation

Authorities may decide to evacuate an area for your protection. Again, it is important to stay calm, listen carefully and follow all instructions.

If you are told to evacuate, listen to your radio to make sure the evacuation order applies to you and to understand if you are to evacuate immediately or if you have time to pack some essentials. Do not use your telephone.

If you are told to evacuate immediately:

- Take your personal belongings and medications
- Close and lock your windows
- Shut off all vents
- Lock the door
- Move quickly and calmly

AFTER

- Return to building only when authorities say it is safe.
- Follow local instructions concerning the safety of food and water.
- Clean up and dispose of residue carefully. Follow instructions from emergency officials concerning clean-up methods.

ADDITIONAL INFORMATION

- UW Environmental Health and Safety:
<http://www.ehs.washington.edu/>
- Washington Department of Health:
<http://www.doh.wa.gov/>
- Centers for Disease Control and Prevention:
<http://www.bt.cdc.gov/>

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What to Do in Case of...

Terrorism

As we learned from the events of September 11, 2001, the following things can happen after a terrorist attack:

- There can be significant numbers of casualties and/or damage to buildings and the infrastructure, so your neighbors and /or property managers need up-to-date information about any medical needs you may have and on how to contact your designated beneficiaries.
- Heavy law enforcement involvement at local, state and federal levels follows a terrorist attack due to the event's criminal nature.
- Health and mental health resources in the affected communities can be strained to their limits, maybe even overwhelmed.
- Extensive media coverage, strong public fear and international implications and consequences can continue for a prolonged period.
- Workplaces and schools may be closed, and there may be restrictions on domestic and international travel.
- You and your family or household may have to evacuate an area, avoiding roads blocked for your safety.
- Clean-up may take many months.

BEFORE

- Plan and practice your Emergency communication with friends and relatives plan
- Establish a meeting place
- Assemble a disaster supply kit for your home and automobile

DURING

If Disaster Strikes

- Remain calm and be patient.
- Follow the advice of local emergency officials.
- Listen to your radio or television for news and instructions.
- If the disaster occurs near you, check for injuries. Give first aid and get help for seriously injured people.
- Do not use the telephone unless it is a life-threatening emergency.

Shelter-in-place

You can provide a minimal amount of protection to your breathing by covering your mouth and nose with a damp cloth.

- Close all windows
- Turn off all fans, heating and air conditioning systems
- Go to a room (not the parking garage) with the fewest windows and doors.
- Wet some towels and jam them in the crack under the doors.
- Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate.

Evacuation

Authorities may decide to evacuate an area for your protection. Again, it is important to stay calm, listen carefully and follow all instructions.

If you are told to evacuate, listen to your radio to make sure the evacuation order applies to you and to understand if you are to evacuate immediately or if you have time to pack some essentials. Do not use your telephone.

ADDITIONAL INFORMATION

- Department of Homeland Security:
<http://www.ready.gov>
- Red Cross:
<http://www.redcross.org/services/disaster/keepsafe/unexpected.html>
- Centers for Disease Control and Prevention:
www.bt.cdc.gov
- Federal Emergency Management Agency:
www.rris.fema.gov
- Environmental Protection Agency:
www.epa.gov/swercepp
- Washington State Department of Health:
<http://www.doh.wa.gov>
- Fact Sheet on Radiological Dispersion Devices/Dirty Bombs
http://www.washington.edu/admin/business/oem/hazards/d_bomb_factsheet.pdf

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What to Do in Case of...

Extreme Heat

Temperatures that hover 10 degrees or more above the average high temperature for the region and last for several weeks are defined as extreme heat. Humid or muggy conditions, which add to the discomfort of high temperatures, occur when a "dome" of high atmospheric pressure traps hazy, damp air near the ground. Droughts occur when a long period passes without substantial rainfall. A heat wave combined with a drought is a very dangerous situation.

BEFORE

Prevention

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you're thirsty to drink. ***Warning:*** If your doctor generally limits the amount of fluid you drink or has you on water pills, ask him how much you should drink while the weather is hot.
- Don't drink liquids that contain caffeine, alcohol, or large amounts of sugar; these actually cause you to lose more body fluid. Also, avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors. Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- ***NEVER*** leave anyone or pets in a closed, parked vehicle.
- Although any one at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on neighbors, especially:
 - Infants and young children
 - People aged 65 or older

- People who have a mental illness
- Those who are physically ill, especially with heart disease or high blood pressure

DURING

If you must be out in the heat:

- Limit your outdoor activity to morning and evening hours.
- Cut down on exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat. ***Warning:*** If you are on a low-salt diet, talk with your doctor before drinking a sports beverage. Remember the warning in the first "tip" (above), too.
- Try to rest often in shady areas.
- Protect yourself from the sun by wearing a wide-brimmed hat (also keeps you cooler) and sunglasses and by putting on sunscreen of SPF 15 or higher (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels).

ADDITIONAL INFORMATION

- Centers for Disease Control and Prevention:
<http://www.cdc.gov/nceh/hsb/extremeheat/heattips.htm>
- Federal Emergency Management Agency:
<http://www.fema.gov/hazards/extremeheat/heat.shtm>
- National Weather Service:
<http://www.erh.noaa.gov/er/lwx/heat.html>

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What to Do in Case of...

Flood

BEFORE

- Plan and Practice an escape route.
- Purchase a NOAA weather radio with battery backup and a tone-alert feature that automatically alerts you when a Watch or Warning is issued.
- Fill bathtubs, sinks, and jugs with clean water in case water becomes contaminated.
- Be prepared to evacuate.
 - Plan a place to meet your family in case you are separated from one another in a disaster and cannot return home. Choose an out-of-state contact for everyone to call to say they are okay.
 - Determine how you would care for any special needs your neighbors might have.
 - Assemble a disaster supplies kit. Include a battery-operated radio, flashlights and extra batteries, first aid supplies, sleeping supplies and clothing.
 - Make a record of your personal property.

DURING

- If told to evacuate your home, do so immediately.
- If possible evacuate on foot, the parking garage will be the first area to flood and driving can be extremely unsafe (see below).
- Use the stairs to evacuate. Do not use elevators.
- If flooding has occurred before you can evacuate, move to a higher floor if necessary.

AFTER

- Stay away from floodwaters. The water may be contaminated by oil, gasoline or raw sewage. The water may also be electrically charged from underground or downed power lines.
- Be aware of areas where floodwaters have receded. Roads may have weakened and could collapse under the weight of a car.
- Stay away from disaster areas unless authorities ask for volunteers.
- Continue listening to a battery-powered radio for information about where to get assistance for housing, clothing and food.
- Avoid walking through floodwaters. As little as six inches of moving water can knock you off your feet.
- Don't drive through a flooded area. If you come upon a flooded road, turn around and go another way. A car can be carried away by just 2 feet of floodwater.
- Consider your family's health and safety needs. Wash your hands frequently with soap and clean water if you come in contact with floodwaters. Throw away food that has come in contact with floodwaters. Listen for news reports to learn whether the community's water supply is safe to drink.
- Contact your insurance agent.

ADDITIONAL INFORMATION

- Federal Emergency Management Agency:
<http://www.fema.gov/pdf/hazards/floods/>
- American Red Cross:
http://www.redcross.org/services/disaster/0,1082,0_584_,00.html
- Seattle Fire Department:
http://www.ci.seattle.wa.us/fire/text/pubEd/brochures/t_brochures.htm

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Maintenance Tips For Your Home!

If you do not feel comfortable performing any of the tasks listed below, please feel free to contact the building's maintenance staff and they will be more than willing to help you.

Changing smoke alarm batteries

The smoke alarm must be turned counter clockwise to release it from the ceiling. When you turn and pull down *lightly* you will see the wires coming from the ceiling to the smoke alarm. Where the wires go into the plug, squeeze to release the plug. With the plug removed you can then open the door to the battery compartment and remove the battery. Replace with a new battery, that has the same polarity, and reattach it to the ceiling. If you do not feel confident completing this task, please call the office and the building's staff will be happy to arrange help.

Water shut off

To shut off water to the whole unit, go to the closet or room where your hot water heater is located. Above the hot water tank, coming from the wall, there is a large flat handle and usually a red plastic handle. Turn both handles 90 degrees to turn off the water. Then go to the bathroom, *not kitchen*, and turn on the water until all pressure is released, which takes approximately 3 to 5 minutes.

Fireplace pilot light

Lift up and fold down the louvered piece of sheet metal at the bottom of the fireplace. Look under the fireplace so you can see the pipes, knobs, valves, and buttons. (*You may have to lie down on the floor to see this.*) You should see a red valve on your far left, a red button in the middle, and a black knob (labeled ON, OFF, and PILOT) on your right.

To Turn the Pilot Light On:

Step 1 - Make sure red valve to your far left is in line with the pipe that it is attached to, this means that the gas is "on". If it is perpendicular, then the gas is "off".

Step 2 - Turn the black knob (labeled ON, OFF, and PILOT) clockwise until OFF is at the very bottom. Wait one whole minute.

Step 3 - With your right thumb, lightly push the knob until all the way in. Push lightly, but be sure to keep the knob pushed in all the way! Now, while holding the button in, with your right index finger slowly turn the knob counter clockwise until the button goes in another 1/8th inch. Hold this knob completely in during the next step.

Step 4 - Now push the red button, with your other hand, until you hear it snap, push 2 or 3 times while holding in the black knob. You have to hold the knob in without letting it up, even a little bit, for 45 seconds after the pilot lights.

Step 5 - After 45 seconds, turn the control knob counter clockwise until ON is at the bottom.

Step 6 - Now go up on the wall to timer switch and turn the fire on.

To Turn the Pilot Light Off:

Step 1 - Turn the black knob (labeled ON, OFF, and PILOT) clockwise until OFF is at the very bottom. Wait one whole minute.

Step 2 - Turn the red valve to your far left so that it is perpendicular with the pipe that it is attached to, this means that the gas is "off". If it is parallel, then the gas is "on".

Disaster Kit Checklist

Store these items in an easy to locate and sturdy container (such as a plastic storage bin).

Food & Water

Store at least a 3-day supply of non-perishable food.

- One gallon of water per person per day (2 quarts for drinking, 2 quarts for sanitation/food prep)
- Minimum 3-day supply of water for each person
- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk (if powdered, store extra water), soup
- Staples - sugar, salt, pepper
- High energy foods - peanut butter, jelly, cracker, granola bars, trail mix
- Vitamins
- Foods for infants, elderly people or those on a special diet
- Comfort/stress foods - cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 4 to 6 2" sterile gauze pads
- 4 to 6 4" sterile gauze pads
- Hypoallergenic adhesive tape
- 3 Triangular bandages
- 3 rolls of 2" sterile roller bandages
- 3 rolls of 3" sterile roller bandages
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- 2 Tongue blades
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent & soap
- 2 pairs of Latex gloves
- Sunscreen
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (to induce vomiting)

- Laxative
- Activated Charcoal

Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher small canister, ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)
- Toilet paper, towelettes

- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Clothing and Bedding

Include at least one complete change of clothing and footwear per person

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Entertainment- games and books
- Important Family Documents in a waterproof, portable container:
 - Will, insurance policies, contracts, deeds, stocks and bonds
 - Passports, social security cards
 - Immunization records
 - Bank account numbers
 - Credit card account numbers and companies
 - Inventory of valuable household goods, important telephone numbers
 - Family records (birth, marriage, death certificates)

