

A YEAR OF PREPPING

You could move away from the west coast. You could build an apocalypse vault and fill it with dried elk meat, but who has the time? You could curl up into a ball, close your eyes and plug your ears, but you're smarter than that.

The big one's coming — the earthquake that topples walls, destroys bridges and kicks up shore-battering tsunamis.

What should you do?

There's a sensible, cost-effective way to prepare. It involves taking things one step at a time over the course of a year. Breaking down tasks and shopping lists will make the work manageable and help you avoid overwhelming your schedule and your bank account.

MONTH 1	MONTH 2	MONTH 3	MONTH 4
GROCERY STORE	HARDWARE STORE	GROCERY STORE	HARDWARE STORE
<ul style="list-style-type: none"> • 1 gallon of water* • 1 jar of nut butter • Hand-operated can opener • Large can of juice* • 1 can of meat, fish or beans* • Pet food, diapers and baby food, if needed 	<ul style="list-style-type: none"> • Two flashlights or headlamps with batteries • Duct Tape • Heavy cotton or hemp rope • Matches in waterproof container 	<ul style="list-style-type: none"> • 1 gallon of water* • 1 can of meat/fish/beans* • 1 can of fruit* • Paper and pencil • Feminine hygiene products • Aspirin/pain reliever • 1 gallon of water for each pet • Vitamins 	<ul style="list-style-type: none"> • Signal flare • Compass • Work gloves • Safety glasses • Disposable dust masks • Bike patch kit and hand pump • Waterproof container for important papers
TO DO	TO DO	TO DO	TO DO
<ul style="list-style-type: none"> • Complete a personal assessment of your needs and the resources you already have on hand. • Date each perishable food item with a marking pen 	<ul style="list-style-type: none"> • Form a support network with your neighborhood (see Prep Your Hood) 	<ul style="list-style-type: none"> • Discuss with your family and neighbors the help you may need and find out their needs. • Assemble extra medications, prescriptions, and vitamins, and label "emergency use." 	<ul style="list-style-type: none"> • Share copies of the following with family and network: emergency info list, medical info, disability-related supplies, and personal disaster plan.. • Review insurance coverage. Obtain additional coverage if needed.
MONTH 5	MONTH 6	MONTH 7	MONTH 8
GROCERY STORE	FIRST AID SUPPLIES	GROCERY STORE	GROCERY STORE
<ul style="list-style-type: none"> • 1 gallon of water* • 2 cans of meat/fish/beans* • 1 can of fruit* • 2 cans of vegetables* • 1 can of soup* • Foods for special diets • 2 rolls of toilet paper • Extra toothbrush • Small toothpaste • Disinfectant 	<ul style="list-style-type: none"> • Adhesive bandages in various sizes • Safety pins • Adhesive tape • Latex gloves • Sunscreen • Gauze pads • Roller bandages • Extra hearing aid batteries, if needed 	<ul style="list-style-type: none"> • 1 gallon of water* • 1 can soup* • 1 can fruit* • 1 can vegetables* • 1 box energy bars • Extra baby bottles, formula and diapers, if needed • Sewing kit 	<ul style="list-style-type: none"> • 1 can soup* • 1 large can juice* • Dried fruits and nuts • 3 rolls paper towels • Liquid dish soap • Bleach • 1 box heavy-duty garbage bags • Saline solution, contact lens case and other eyecare products
TO DO	TO DO	TO DO	TO DO
<ul style="list-style-type: none"> • Make a floor plan of your home with escape routes • Identify nearby emergency shelter locations 	<ul style="list-style-type: none"> • Secure home danger spots (hanging objects, tall furniture and other items that can tip or fall during an earthquake) • Learn child's day care or school disaster plans • Learn about emergency transportation services from local emergency management office. 	<ul style="list-style-type: none"> • Make arrangements for your family and neighbors to check in on each other immediately after an earthquake. • Place a pair of shoes and flashlight near/under the bed so they'll be handy after a disaster. 	<ul style="list-style-type: none"> • Test smoke detectors. Replace if needed or more than 10 years old. • Arrange for a friend or neighbor to help your children if you're unable to respond or at work. • Photocopy important papers and store safely.
MONTH 9	MONTH 10	MONTH 11	MONTH 12
HARDWARE STORE	FIRST AID SUPPLIES	GROCERY STORE	HARDWARE STORE
<ul style="list-style-type: none"> • Radio with batteries or hand crank radio • Wrenches needed to turn off utilities • Plastic bucket with tight lid • Camp/Utility knife 	<ul style="list-style-type: none"> • Scissors • Tweezers • Petroleum jelly • Antibiotic ointment • Disposable wipes • Thermometer • Liquid antibacterial hand soap • Rubbing alcohol • Antiseptic 	<ul style="list-style-type: none"> • 1 can fruit* • 1 can meat/fish/beans* • 1 can vegetables* • 1 box energy bars • Cookies, candy bars • Paper plates, cups and plastic utensils 	<ul style="list-style-type: none"> • Crowbar • Pliers • Hammer • Whistle • Screwdriver • Metal plumbers tape • Extra flashlight • Extra radio and flashlight batteries • Assorted nails and screws
TO DO	TO DO	TO DO	TO DO
<ul style="list-style-type: none"> • Find gas and water meter shut-offs and find out how and when to shut off • Attach a wrench next to each meter shut off 	<ul style="list-style-type: none"> • Take a CPR class 	<ul style="list-style-type: none"> • Obtain current vaccinations, medical records, and extra medications for pets • Practice home evacuation with family • Store blanket or sleeping bag for each family member 	<ul style="list-style-type: none"> • Develop disaster supply kit for vehicles (see Prep Your Ride) • Take a first aid class

*Items to be purchased for each member of your household



Incinerator toilet

They may be pricy, but an incinerator toilet might become your best friend if the plumbing's out for a while.



Portable Generator

Fire up a gas powered generator to keep lights and heaters running.



Camp stove

A propane camp stove will keep you in hot food until your kitchen's operational.



Fishing rod

A fishing kit will allow you to supplement stored foods with some with fresh-caught protein.

THE BASICS



Water

At least one gallon per person per day.



Wrench

Pipe or crescent wrenches for turning off utilities.



Duct Tape

Durable duct tape is invaluable for quick repairs.



Poncho

It rains here occasionally. Be ready with a few inexpensive packable ponchos.



Medications

Have extra meds for when the pharmacy's out of commission.



File folder with papers

Insurance policies, bank info, wills and other documents.



Can opener

A manual can opener for stored foods.



Headlamp

Unburden your hands with a strap-on headlamp.



Whistle

A whistle will bring help if trapped or injured.



Canned food

Three days' worth of canned or dried food is the bare minimum.



Sleeping bag

Pack extra blankets or sleeping bags for when the heater is out.



Hand-crank radio

Stay posted on emergency info with a hand-crank radio.

SERIOUS PREP



Ax

An ax and saw will help you turn backyard trees and fallen limbs into cooking and heating fuel.



Camping water filter

A water filter will turn lakes and streams



PREP YOUR HOOD Preparedness experts stress the importance of a team or neighborhood approach to dealing with what could be a long, hard aftermath. The state's Map Your Neighborhood program offers a step-by-step approach to organizing your most immediate source of help — the people living around you. Your neighbors can share equipment and supplies, expertise and assistance that will be especially important if there are elderly or disabled people or young children in your household. The MYN guide helps neighborhoods establish a post-disaster meeting area, neighborhood care center and small teams tasked with utility shut-offs, neighbor check-ins, and other concerns. It also gives advice on crafting shared lists so everyone knows who has key supplies they can share, such as spare bedding or a ladder, and who has skills that might come in handy during a disaster.

PREP YOUR RIDE Keeping a basic disaster kit in your car means you'll be ready whether you're home, shopping or at work. Below is a basic 24-hour kit. Add more food and water if your trunk allows. 1 gallon of water, 5 to 8 high-calorie energy bars, emergency blanket, plastic poncho with hood, headlamp, hand crank radio/flashlight/USB charger, two glow sticks, contact card: Phone numbers of out-of-state relatives and friends, basic first aid kit, safety whistle, dust mask, vinyl emergency gloves, pocket knife.



PREP YOUR PET Often overlooked in disaster preparations are dogs, cats and other pets. Avoid having to share your canned meat with your pooch by getting him stocked. Here are the essentials: Minimum three days' worth of food and water, Manual can opener, Extra medications, Leash, collar with ID, Pet carrier, Copies of veterinary records and registration, Recent photograph of pet, Microchip information

