

Preparedness Tip #1



I know I should have an emergency kit, but it's all a bit overwhelming.

How do I get started?

Great question! We get asked that a lot. Emergency preparedness means different things to different people. You need a kit that works for you, your family, your budget and Oregon's most likely hazards.

Getting started tips:

1. Start with a list to get you on the right track. Here are the two most common.
 - FEMA has a Basic Disaster Supplies List at www.ready.gov/kit
 - The American Red Cross also has a kit supplies list at www.redcross.org/prepare/location/home-family/get-kit
2. Go over the list and see what items you already have. For example if you have an extra can opener and some canned food, put those in a sturdy box or bag. Now you have a starting place!
3. Check the list again. Pick one to three items to purchase this month. Do the same each month until your kit is complete. Buying all the items at once can be a challenge.
4. More to consider:
 - Prepare for all household members including children, seniors and pets.
 - Build a kit that works. If you want a kit for a minor power outage, then supplies for 72 hours will be great. If you want a kit for a large natural disaster, consider supplies for two weeks or more.

