



South Parrett Mountain - Emergency Plan

A Ladd Hill Neighbor Association (LHNA) 501(c)3 initiative

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Form HESK- 2019-02-01v1

Your Home Emergency Supply Kit

Suggested supplies when your home is livable but does not have utility services

Build your supplies for 2 weeks or longer

Kitchen

- 1. Manual Can Opener
- 2. Water (1 gallon of water per day/per person)
- 3. Camping Stove to cook dehydrated food (preferably 1-qt Propane style)
- 4. **Food that does not require refrigeration** (combination of MRE's, canned food, dehydrated food, protein bars)
- 5. Baby Formula
- 6. Lifestraw, Personal Water Filter
- 7. Weatherproof Matches, Strikers or Butane Lighter
- 8. Garbage Bags / Ties
- 9. Liquid Bleach and Eye Dropper (for measuring)
- 10. Liquid Detergent

Bedroom

- 11. Clothing / Footwear
- 12. Sleeping Bags (1 per person)
- 13. By the Bed mini-kit (sturdy shoes, flashlight & extra pair of glasses, if you wear them, in a bag attached to the head or footboard of your bed)

Bathroom

- 14. First Aid Kit (list on SPM-EP Website)
- 15. Antibacterial Soap & Moist Towelettes
- 16. Bar Soap
- 17. Shampoo
- 18. Toilet Paper
- 19. Feminine Hygiene Products
- 20. Medications (minimum 2 week supply)
- 21. Diapers
- 22. Tooth Brush and Tooth Paste

Office/Other

- 23. Your Home Emergency Plan
- 24. Map of Neighborhood and Regional Map
- 25. Your Important Contacts List
- 26. Pictures of Family Members
- 27. Write-in-Rain Notepad & Pen
- 28. Home Flagging Packet (distributed by SPM-EP)
- 29. Important Documents (list on SPM-EP Website)
- 30. Spare Eyeglasses and Care Products
- 31. Spare Hearing Aids & Batteries
- 32. 2-way Radio (preferably AA battery powered)
- 33. Battery Powered Radio (preferably AA powered)
- 34. Battery Supplies, AA
- 35. Cash (in \$1, \$5, \$10 bills)
- 36. Spare Keys for Car, Truck, Tractor, ATV, etc.
- 37. Comfort Items such as toys, games, etc.

Shop

- 38. 100' of 550 Paracord
- 39. 50' of 1/2" Nylon Rope
- 40. Axe, Folding Saw
- 41. Chainsaw w/spare bar, chains, bar oil & fuel
- 42. LED Flashlight or Headlamp (AA batteries)
- 43. Fuel for Camping Stove & Portable Heater (1-qt propane bottles or bulk tanks)
- 44. Generator w/fuel & power cords
- 45. Work Gloves
- 46. Medical Gloves
- 47. Dust Masks
- 48. Glow Stick (green 12-hour style)
- 49. Knife, Leatherman Tool
- 50. Whistle
- 51. Propane Fuel (1-quart propane bottles)
- 52. Camping Stove
- 53. Portable Heater
- 54. Roll of Duct Tape
- 55. Shovel
- 56. Hammer
- 57. Pry Bar
- 58. Visqueen (100' x 10' 6 mil black, used as temporary shelter or patch doors & roofs)
- 59. Tent & Tarp
- 60. Garden Hose with nozzle for fighting fire

Domestic Pet Supplies

- 61. Pet Food and Dishes
- 62. Medications
- 63. Cat Litter, Doggie Bags
- 64. Collars, Leashes, Toys
- 65. Kennels, Portable Crates
- 66. Documents – copies of current medical records and current photos in case you're separated

**Store supplies together in a convenient place known to all family members.
Refresh annually**

Additional Resources: www.SPM-EP.org
Tualatin Valley Fire & Rescue: www.fvfr.com
Red Cross www.redcross.com
FEMA www.ready.go
Oregon Emergency Preparedness
www.oregon.gov/omd/oem