

Household Emergency Preparedness Binder

"Prepared, not scared. Stay ready." - Emergency preparedness for everybody.

Congratulations on taking a step toward preparing your household for an emergency. While there are items that everyone should consider, preparing should be customized to your specific set of circumstances. This binder helps you document, organize, and plan everything your household needs — so when something happens, you're ready.

You don't have to complete everything at once. Go as quickly as your schedule allows. What's most important is to start. We have organized this binder in priority order, so it will be most beneficial to work through it in the order presented.

Visit [StayReadyPreps.com](https://www.stayreadypreps.com) for product recommendations and more tools to keep building your readiness.

HOUSEHOLD NAME

ADDRESS

PRIMARY CONTACT

DATE UPDATED

What's Inside

SECTION 1	Household Information	Household roster, meeting places, out-of-area contact
SECTION 2	Emergency Contacts	Local services, neighbors, caregivers, relay contact
SECTION 3	Medical & Access Needs	Medications, equipment, assistive devices — one page per member
SECTION 4	Important Documents	What to grab and where it's stored
SECTION 5	72-Hour Supply Planner	Water · Food · Medical · Power & Shelter · Go-Bag
SECTION 6	Shelter-in-Place Plan	When to stay, how to seal your space, what to keep inside
SECTION 7	Evacuation Plan	Routes, go-bag, transportation, rally points
SECTION 8	Special Situations	Renters · Mobility & disability · Infants · Pets · No vehicle
SECTION 9	Notes & Review Log	Review dates, updates, and household notes

SECTION 1

Household Information

Use whatever terms fit your household. This binder belongs to everyone who lives here.

Our Household

Household name / nickname

Home address

City / State / ZIP

Home phone

Email address

Household Members

List everyone who lives here — family, housemates, chosen family, whoever calls this home.

Name / Nickname

Role

DOB

Special Notes

Meeting Place Plan

Meeting spot near home (front yard, sidewalk, neighbor's driveway)

Meeting spot away from neighborhood

Out-of-area contact everyone will check in with

Consider This: You don't need a special binder. A zip-lock bag with printed pages stored in a kitchen drawer works. What matters is that everyone in your household knows where it is.

SECTION 2

Emergency Contacts

List people and services you'd need to reach quickly.

Local Emergency Services

Police (non-emergency)

Fire (non-emergency)

Nearest hospital / urgent care

Poison Control

1-800-222-1222

Utility company (gas / electric)

Water utility

Local emergency management office

211 — local aid & disaster relief

Dial 2-1-1

Household Contacts

Neighbors, caregivers, co-parents, chosen family, and anyone who should know you're safe.

Name / Relationship

Phone

Location

Notes

Consider This: Local phone lines often overload during emergencies. An out-of-area contact serves as a relay — everyone checks in with them, and they track who is safe.

SECTION 3

Medical & Access Needs

Complete one copy per household member with medical needs or specialized equipment.

Print additional copies of this page as needed — one per household member.

Member Medical Profile

Name

Primary care provider / Phone

Specialist / therapist / Phone

Insurance / Medi-Cal / Medicare #

Medications

Medication

Dose

Frequency

Provider

Pharmacy

Medication	Dose	Frequency	Provider	Pharmacy

Equipment & Access Needs

Check everything that applies to this household member:

- Wheelchair or mobility device
- Power-dependent medical equipment
- Service or support animal
- Refrigerated medications
- Mental health / sensory supports
- Hearing aids or cochlear implant
- Vision supports or low vision needs
- Cognitive or memory supports
- Infant or child care equipment

Power-dependent equipment details

Backup power plan (generator, battery, neighbor)

Service animal name and needs

Consider This: Most utility companies offer a Medical Baseline or life-support registry — which can prioritize your household during outages. Search "[your utility name] medical baseline program" to enroll. It's free.

SECTION 5

72-Hour Supply Planner

Customize your supply plan to your household's actual needs.

This section walks through each category of emergency supplies. Use the calculators and checklists to build a plan sized for your specific household — the number of people, their ages, health needs, and any pets.

Water

Water is your #1 priority. FEMA recommends 1 gallon per person per day — but that's the floor, not the goal. If you can, plan for 2 gallons per person per day to cover drinking, cooking, and basic hygiene. Use this calculator to find your household total.

Plan for at least 1 gallon per person per day, and 0.5 gallons per small pet per day. Double your estimate for hot climates, physical activity, nursing, or illness.

PEOPLE			
Number of people	Gallons/day	Days	Total gallons
	<i>x 1 gallon</i>	<i>x 3</i>	

PETS			
Number of pets	Gallons/day	Days	Total gallons
	<i>x 0.5 gal (small) x 1 gal (large)</i>	<i>x 3</i>	

GRAND TOTAL (People + Pets):	_____ gallons
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STORAGE TIPS

- Store in food-grade containers, if you can** — BPA-free jugs or sealed barrels. Never reuse milk jugs.
- Have a water filter** — If you're not certain the water is 100% safe, filter it! You can also boil it (1 minute rolling boil) or treat it with unscented bleach — 8 drops per gallon.
- Replace water every 6–12 months** — Label with date stored. Rotate like food.
- Tap water is fine unsealed for 6 months** — Commercially sealed water: 1–2 years.
- Keep water accessible** — Store where you can reach it quickly — not buried in a closet.

Water Storage Notes

Where will you store water?

Storage container type / size

72-Hour Supply Planner — Food

Non-perishable foods your household will actually eat.

Food: 72-Hour Supply

Plan for roughly 2,000 calories per person per day. The total amount depends on your household size — figure that out below. Focus on shelf-stable foods that need little or no cooking.

My household has _____ people. I need food for _____ \times 3 days = _____ person-days.

Calorie-dense snacks

Nut butters, jerky, granola bars, trail mix, dried fruit, seeds

Canned goods

Beans, tuna, chicken, soups, veggies, fruit — pack a manual can opener

Ready-to-eat meals

Freeze-dried pouches, MREs, RTD protein shakes, instant oatmeal

Comfort foods

Crackers, cookies, hot cocoa packets, instant coffee, hard candies

Baby / infant food (if applicable)

Formula, pouches, jars — age-appropriate, no-cook versions

Pet food (if applicable)

Dry or canned; 3-day supply per pet

Kitchen tools

Manual can opener, utensils, plates, cups — disposable if water is limited

Consider This: You should check food expiration dates every 6 months. If you have foods that are about to expire and you will not eat, donate them to your local food bank or pantry.

SECTION 5

72-Hour Supply Planner — Light & Power

Keep your household informed, visible, and powered.

Light & Power

Headlamps

(1 per person) — hands-free lighting; especially important with kids or medical needs

Flashlights

Size and lumen strength can vary. Choose what's best for your individual needs.

Lantern

Can be hand crank, battery powered, rechargeable — or all three

Portable power bank

Electronics can be powered by batteries, solar, hand-crank, or all three. Having more than one way to power your device is helpful — if one method fails (like a power bank you forgot to charge), you have backup. If using battery-operated devices, store the batteries outside of the device to avoid corrosion if the batteries go bad.

Extra batteries in correct sizes

Check AA, AAA, C, D for your devices. Store them outside of devices.

Consider This: *If you have sensitive beings in your household, consider warm-colored lanterns over harsh white LEDs. There are even color-changing lanterns that can help calm the environment. String lights can make a space feel cozy and decorated rather than stark and emergency-like — a small thing that makes a real difference in morale.*

72-Hour Supply Planner — Shelter & Climate Control

Control the climate of your home or shelter for health and comfort.

Shelter and Climate Control

Controlling the climate of your home or shelter is important for your physical health as well as your mental and emotional comfort. Based on the climate in your area, store the appropriate clothing and tools to keep warm, dry, and/or cool.

Layered clothing

Dressing in appropriate layers is your first best defense against unfavorable climates. Besides underwear and socks, prepare three layers: base, mid, and top. In colder climates, wool or synthetic moisture-wicking materials keep perspiration away from skin — avoid cotton. In warmer climates, wear breathable materials. In rainy climates, store the appropriate outer layers — like an umbrella, rain jacket, and waterproof shoes or boots.

Temperature control items

Fans (handheld or battery-powered), chemical ice packs, propane heaters, and hand warmers can provide relief and help you maintain healthy temperatures.

Emergency mylar blankets

1–2 per person; retain 90% body heat — also useful for treating shock

Sleeping bags rated for your area

Check overnight lows in your area

Plastic sheeting + duct tape

Can seal a room or create a windbreak

Gloves

Keeping your hands warm and protected are important in emergencies.

Shoes

Protecting our feet can be the difference between surviving an emergency or not. Protect our feet from weather, water, and debris. Make sure shoes are fit for walking long distances if necessary. Don't forget socks!

Consider This: For our friends with tactile sensitivities, materials that feel good against the skin matter. Wool can feel scratchy — consider soft synthetic materials instead. A weighted blanket or weighted toy can also be a great comfort during times of distress.

72-Hour Supply Planner — Communication

When cell towers fail or power goes out, you need a backup plan.

Communication

When cell towers fail or power goes out, you need a backup communication plan. Know the alerts, know where to go, and know who to call.

Battery-powered or hand-crank NOAA weather radio

Receives emergency broadcasts without cell signal

Whistle (1 per person)

Signal for help if trapped; louder than shouting

Written contact list

Names, phones, addresses of family/friends outside area

Out-of-area contact person designated

Local lines jam in disasters; out-of-area calls often work

Know your local alert system

Sign up for county/city emergency alerts NOW

Two-way radios (walkie-talkies)

Good for families splitting up during evacuation

Physical maps of your area

GPS and phones may not work

***Consider This:** Our friends who are sensitive to noise might not like the sound of radios and whistles. Foam earplugs or noise-canceling headsets can make a real difference in how well everyone functions during a stressful event.*

72-Hour Supply Planner — Hygiene & Sanitation

Hygiene keeps you healthy. Plan for it.

Hygiene & Sanitation

Functioning at baseline during an emergency takes more than food and water. Hygiene keeps you healthy. Sensory tools keep anxiety manageable. Mobility planning keeps everyone moving.

- Hand sanitizer (60%+ alcohol)**
If water is limited, this is critical
- Moist towelettes / baby wipes**
Full-body cleaning without water
- Toilet paper (3-day supply)**
Don't forget extra if water is off
- Portable toilet or 5-gallon bucket with lid**
If sewage lines fail or you can't leave
- Heavy-duty garbage bags**
Line portable toilet; also waste disposal
- Feminine hygiene products**
For anyone who needs them
- Soap, toothbrush, toothpaste**
Morale matters
- Bleach (unscented) + dropper**
8 drops per gallon to purify water if needed, and to dilute with water as a cleaner
- Nitrile gloves**
Sanitation and first aid — nitrile only (latex-free)

Consider This: Many folks are sensitive to or even allergic to scents. Where possible, consider using unscented products without artificial coloring. During an emergency is a bad time to discover someone in your household has an allergy to Red #5.

72-Hour Supply Planner — Sensory Calm & Mobility

Emotional well-being and movement matter in an emergency.

Sensory & Calm

Emergencies are loud, unpredictable, and disorienting. Having comfort items ready reduces distress for everyone — especially children, neurodivergent family members, and anyone with anxiety.

- Comfort items for children**
Small stuffed animal, familiar toy, book
- Noise-canceling headphones or foam earplugs**
Especially valuable for sensory-sensitive individuals
- Fidget tools or stress-relief objects**
Fidget rings, stress balls, putty
- Familiar scents or items**
A worn t-shirt, a small familiar object
- Printed visual schedule or emergency routine**
Reduces uncertainty for kids and neurodivergent adults
- Card games, dice, or small activities**
Long waits are hard; low-tech entertainment helps
- Sunglasses / extra glasses**
Bright light, debris, and vision needs

Mobility

If you or anyone in your household has mobility limitations, plan specifically for how you will move during an evacuation.

- Mobility aids accessible (wheelchair, walker, cane)**
Keep near bed or exit
- Backup wheelchair battery or manual backup**
Power outages affect powered chairs
- Evacuation chair if in a multi-story building**
Can't always use elevators
- Neighbor / building buddy agreement**
Someone who knows and will check on you
- Pre-identified accessible evacuation routes**
Walk them now, not during the emergency
- Medical alert info on person**
ID bracelet, card in wallet

SECTION 5

72-Hour Supply Planner — Go-Bag & Documents

A ready-to-grab bag with everything you need to leave in under 5 minutes.

The Go-Bag Essentials

A go-bag is a ready-to-grab bag with everything you need to leave in under 5 minutes. Pack it now. Store it near your door.

Consider This: Many of the items listed in previous modules are in this list. You don't need to buy double — just store them in your go-bag so they're ready to grab. Consider rotating items in and out every few months to avoid spoilage and keep up with larger sizes for growing children.

Backpack or duffle bag (one per person is ideal)

Water-resistant preferred

Water (at least 1 liter per person for first 24 hrs)

Collapsible bottles save space

3-day food supply (grab-and-go format)

Bars, pouches, trail mix

First aid kit

Compact version for the bag

Phone charger + power bank

Fully charged before any event

Flashlight + headlamp

With extra batteries

Emergency mylar blanket (1 per person)

Compact, lightweight

Change of clothes + sturdy shoes

Per person

Personal hygiene and diaper supplies

Toothbrush, wipes, feminine products, diapers — whatever your household needs

Comfort items

Photos of loved ones, a favorite toy or a worry stone. Whatever small item can bring comfort.

Rain poncho or light jacket

Cash in small bills

ATMs and card readers may be down

Copies of important documents

See Section 4

Medications (3–7 days)

In original labeled containers

N95 masks

Wildfire smoke, dust, airborne hazards

Whistle

Signal for help

Local maps (paper)

Can't rely on GPS

My Go-Bag Notes:

Bag location

Last updated

SECTION 6

Shelter-in-Place Plan

When to stay inside and how to seal your space.

When to Shelter in Place

- Air quality index (AQI) is 150+ or authorities announce shelter-in-place
- Wildfire smoke or ash is visible or smellable outdoors
- Chemical spill or hazardous materials incident nearby
- Severe weather — tornado watch, extreme wind

Our Safe Room

Choose an interior room with the fewest windows and doors. An interior bathroom or hallway often works well.

Safe room location in home

Why this room (fewest windows, central, etc.)

Alternate safe room

Sealing the Room — Supplies to Keep Inside

- Plastic sheeting (pre-cut to fit windows and doors)
- Duct tape
- Damp towels or rags (seal door gaps)
- Water (at least 1 gallon per person)
- Food and snacks
- Medications
- Phone chargers + power bank
- Flashlight
- Battery-powered radio
- Activities for children or comfort items

Consider This: Plastic sheeting and duct tape are inexpensive and removable. Renters can do this too — talk to your landlord about adding weatherstripping, which also helps with energy bills.

SECTION 7

Evacuation Plan

Routes, rally points, and go-bag — know this before you need it.

Evacuation Routes

Primary route out of neighborhood

Alternate route (if primary is blocked)

Second alternate route

Destination — where will we go?

Backup destination

Transportation Plan

Primary vehicle (make / model / license plate)

Backup transportation (carpool, transit, rideshare)

Neighbor who can help with transportation

Consider This: No vehicle? Many counties have emergency transportation programs for residents who need assistance evacuating. Search "[your county] emergency transportation assistance" to register before you need it.

Pet Evacuation Plan

Most emergency shelters do not accept pets. Plan ahead.

Pet-friendly shelter or hotel

Out-of-area friend / family who can take pets

Boarding facility emergency contact

Evacuation Checklist — Before You Leave

- Grab go-bag (see Section 5)
- Bring all household members and pets
- Lock doors and windows
- Turn off gas at the main shutoff (if instructed)
- Leave a note with your destination if others may look for you
- Take medications (3–7 day supply)
- Bring phone, charger, and power bank
- Bring printed maps if relying on GPS is a risk

Consider This: Walk your evacuation routes with your household at least once a year. Children, elders, and people with disabilities especially benefit from knowing the plan in their body — not just on paper.

SECTION 8

Special Situations

Emergency planning looks different for different households.

For Renters

- Know your lease terms around emergency access and temporary relocation
- Get renter's insurance — often under \$20/month, covers displacement
- Identify your property manager's emergency contact
- Know your building's evacuation routes and exits
- Ask about your building's shelter-in-place procedures
- Connect with neighbors — community is a survival resource

For Households with Mobility or Physical Disabilities

- Identify helpers — neighbors or contacts who know your needs
- Pre-plan accessible evacuation routes from your home
- Register with your utility's medical baseline program
- Register with your local emergency management office
- Keep a backup manual wheelchair if possible
- Store backup batteries for power-dependent devices
- Prepare a medical summary card for first responders

For Households with Infants or Young Children

- 3-day supply of formula, baby food, and diapers
- Infant medication (fever reducer, etc.)
- Comfort items — favorite toy, blanket, pacifier
- Car seat and portable carrier or sling
- Copies of pediatric records and immunizations
- Entertainment and activities for young children

For Households with Neurodivergent Members

- Prepare a sensory kit (headphones, sunglasses, fidgets, comfort object)
- Practice the emergency plan calmly in advance — repetition builds safety
- Create a visual emergency plan if helpful
- Identify a calm anchor person for your household member
- Stock preferred comfort foods and familiar items
- Communicate with school, care providers, or support workers about your plan

For Households with Pets

- 3-day pet food and water supply per animal
- Pet carrier or crate — properly sized and labeled
- Vaccination and vet records — many shelters require these
- Medications with clear instructions
- Identify pet-friendly evacuation shelters in advance

- ID tag on collar with a current phone number
- Comfort items for pets (favorite toy, familiar blanket)

For Households Without a Vehicle

- Identify neighbors who can provide transportation
- Register with your county's emergency transportation program
- Keep transit maps and schedules printed in your binder
- Map out walking evacuation routes from your home
- Know the location of your nearest emergency shelter

Consider This: Every household has unique needs. Use the space in Section 9 to note anything specific to your situation that isn't covered here.

SECTION 9

Notes & Review Log

Review every 6–12 months or after any major change in your household.

Review Log

Date Reviewed

What Was Updated

By

Notes

Thank you for being prepared. Preparedness is an act of care — for yourself, your household, and your neighbors. Share what you've learned. Check on someone who might need help getting ready. Visit [StayReadyPreps.com](https://www.stayreadypreps.com) for free tips, product recommendations, and more tools to keep building your readiness. **Prepared, not scared.**