



My 2-Week Checklist

Be 2 Weeks Ready, following Washington Emergency Management Division guidance
kbt-esf.org/2-weeks-ready

After a large disaster, it may take a while for help to arrive. Washington's Emergency Management Division asks households to keep supplies at home for at least 2 weeks. Your 72-hour go-bag is the start. This list is a starting point, not a complete list: pack these, **and anything else your household needs**.

Food

- ☐ 2 weeks of food your household actually eats
- ☐ Some food that needs no cooking
- ☐ Manual can opener
- ☐ Pet food
- ☐ Canned meats, fruits, vegetables, soups and juices
- ☐ Peanut butter, granola or protein bars, trail mix, jerky
- ☐ A few comfort foods
- ☐ Paper plates, cups, utensils and paper towels
- ☐ Camp stove or grill and fuel, for outdoor use only
- ☐ Matches in a waterproof container
- ☐ _____
- ☐ _____

Medications and health

- ☐ Prescriptions (ask about a backup supply)
- ☐ First aid supplies
- ☐ Glasses, hearing aid batteries, mobility aids
- ☐ Medical devices: backups, chargers, power plan
- ☐ Pain relievers, antacids, anti-diarrhea medicine
- ☐ Contact lens solution and extra glasses
- ☐ Disposable gloves
- ☐ Backups for assistive devices, wheelchair repair kit
- ☐ _____
- ☐ _____

Documents and cash

- ☐ Copies of IDs, insurance, medical info (waterproof bag)
- ☐ Cash in small bills
- ☐ Printed list of important phone numbers
- ☐ Bank account numbers
- ☐ Photos or video of valuables
- ☐ Family records
- ☐ A recent family photo
- ☐ A password-protected digital copy
- ☐ Paper and pencil
- ☐ _____
- ☐ _____

Tools and safety

- ☐ Whistle to signal for help
- ☐ Wrench or pliers to turn off utilities
- ☐ Multi-tool or pocket knife
- ☐ N95 masks (for smoke, ash and dust)
- ☐ Plastic sheeting and duct tape
- ☐ ABC fire extinguisher
- ☐ Smoke and CO alarms with fresh batteries
- ☐ Local paper maps
- ☐ Car kit: jumper cables, sand, blankets
- ☐ _____
- ☐ _____

Sanitation and hygiene

- ☐ Bucket toilet with heavy-duty bags
- ☐ Toilet paper and hygiene items
- ☐ Garbage bags
- ☐ Disinfectant for toilet bags, plus twist ties
- ☐ Large trash can with a tight-fitting lid
- ☐ Soap, hand sanitizer and wet wipes
- ☐ Toothbrush, toothpaste
- ☐ Feminine supplies
- ☐ _____
- ☐ _____

Clothing and shelter

- ☐ A change of clothes for the season
- ☐ Sturdy shoes
- ☐ Hats, gloves and warm socks
- ☐ Sleeping bags or blankets and pillows
- ☐ Emergency (Mylar) blankets
- ☐ Rain gear: poncho or waterproof jacket
- ☐ Tent or waterproof tarp
- ☐ Insect repellent and sunscreen
- ☐ _____
- ☐ _____

Light, power and warmth

- ☐ Flashlights or battery lanterns (no candles)
- ☐ Extra batteries and power banks
- ☐ Battery or hand-crank radio
- ☐ Warm clothes and blankets
- ☐ One flashlight per person, or a headlamp
- ☐ NOAA Weather Radio (battery or hand-crank)
- ☐ Phone charging cords
- ☐ _____
- ☐ _____

Pets and livestock

- ☐ Carrier, leash, extra collar and tags
- ☐ Bowls, litter and litter box, waste bags
- ☐ Pet medicines and vet records
- ☐ Feeding notes, vet's name and number
- ☐ Printed photo of you with your pet
- ☐ Familiar toys, blankets and towels
- ☐ Livestock feed, water, plan if roads close
- ☐ _____
- ☐ _____

Water

- ☐ 1 gallon per person, per day: 14 gallons per person and per pet
- ☐ A way to filter or purify water
- ☐ Extra for hot weather, illness, nursing, livestock
- ☐ Clean, food-grade jugs, labeled "Drinking Water" and dated
- ☐ _____
- ☐ _____

Kids and comfort

- ☐ Diapers, wipes and diaper rash cream
- ☐ Formula and bottles
- ☐ Comfort items and a familiar toy
- ☐ Books, games and puzzles
- ☐ A printed contact card for each child
- ☐ _____
- ☐ _____

Who in your home is counting on you?

Pets · babies and kids · older relatives · medical devices or mobility aids · livestock · anyone else.
What does each need for 2 weeks?

- ☐ _____
- ☐ _____
- ☐ _____

Safety: Run generators outdoors only, more than 20 feet from windows, doors and vents, and use a battery or battery-backup CO alarm (CDC). Never use a camp stove or charcoal indoors. **Rotate:** check supplies on two dates 6 months apart, such as your birthday and half-birthday (WA EMD).

Sources: mil.wa.gov/kits · mil.wa.gov/preparedness · cdc.gov/carbon-monoxide · WA EMD 2 Weeks Ready brochure (mil.wa.gov/asset/5ff4ce7d99195) · ready.gov/kit. KBT-ESF is an independent 501(c)(3) nonprofit, not part of WA EMD. We are not EMS, law enforcement, or Search & Rescue. In an emergency, call 911.