Shelter in Place Plan

# Stay-Home Ready Binder

A printable plan for keeping your household safe and steady at home through a power outage, winter storm, smoke event or stay-home order.




**Plan for 3, 7, 14 or 30 days, one small step at a time. 48 printable pages.**

- Household plan and wallet cards
- Checklists for 3, 7, 14 and 30 days
- Water, pantry and a 14-day meal plan
- Home, health and power worksheets
- A calm one-task-a-month plan

**This binder belongs to the household of** _____

**Started on** _____ **Kept at** _____

For US and Canadian households, in US and metric units.

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# Start here in 30 minutes

Six small jobs that make your household safer today.

If you only have half an hour today, do these six things in order. Each one takes about five minutes and costs nothing. Tick each one off, then come back to the rest of the binder one page at a time.

**1** **Write down three phone numbers**

An out-of-area contact everyone in the home can text, a nearby friend or neighbour, and your doctor or pharmacy. Use page 4.

Out-of-area contact _____ Phone _____

**2** **Find your water shutoff and electrical panel**

Walk to them now. Write where they are on page 29. Only a licensed professional should turn gas back on, so learn where the gas valve is but leave it alone.

Water main is _____ Panel is _____

**3** **Fill clean containers with tap water**

Use food-grade or tight-lidded, unbreakable containers you have washed. Seal them and write today's date on each one. Replace stored tap water every 6 months.

Filled _____ Replace by _____

**4** **Put light and power in one bin**

Flashlights, spare batteries, a battery or crank radio, phone cables and power banks. Charge the power banks tonight. Tell everyone where the bin is.

The bin lives _____

**5** **Count your household**

Write the numbers in the box on page 8. Every amount in the checklists comes from these numbers.

| adults | children | older adults | infants | dogs | cats |
|---|---|---|---|---|---|
| | | | | | |

**6** **Press the test button on every smoke and carbon monoxide alarm**

If one does not sound, replace the battery or the alarm. If you have no battery-operated carbon monoxide alarm, it is on the "next $50" list on page 28.

Alarms tested on _____ Need replacing _____

**Then what?** Turn to the 12-month plan on page 44. It gives you one small job a month, so the whole binder is done in a year without a big shopping trip or a lost weekend.

Notes

Free sample page. The full Stay-Home Ready Binder has 48 pages: ShelterInPlacePlan.com


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# 72-hour checklist

Three days is the starting point in both countries. Canada.ca asks households to manage on their own for at least 72 hours. Most of this you already own.

## Water

- [ ] Water, 1 gal (3.8 L) per person per day
  3 gal (11.4 L) per person — Need
- [ ] Extra for pets, illness, pregnancy or hot weather
- [ ] Unscented bleach, 5% to 9%, for treating water if needed

## Food

- [ ] No-cook food
  about 6,000 kcal per adult at 2,000 a day — Need
- [ ] Canned protein, fruit and vegetables
  see Your numbers — Need
- [ ] Peanut butter, crackers, cereal, granola or bars
  see Your numbers — Need
- [ ] Baby food or ready-to-feed formula if needed
- [ ] Manual can opener
- [ ] Plates, cups and utensils
  3 sets per person per day — Need

## Light and information

- [ ] Flashlight
  1 per person — Need
- [ ] Spare batteries
  1 pack — Need
- [ ] Battery or hand-crank radio
- [ ] Phone charger and a full power bank
  1 bank per 2 people — Need
- [ ] Written list of phone numbers

## Health and hygiene

- [ ] First aid kit
- [ ] Prescription medicine and supplies (ask your pharmacist about extra)
- [ ] Glasses and contact lens supplies
- [ ] Soap, hand sanitizer (at least 60% alcohol), moist towelettes
- [ ] Toilet paper
  0.5 roll per person per day — Need
- [ ] Garbage bags and ties
- [ ] Menstrual products if needed

## Warmth and home

- [ ] Sleeping bag or warm blanket
  1 per person — Need
- [ ] Change of clothes and sturdy shoes
- [ ] Working smoke and carbon monoxide alarms, battery backup
- [ ] Wrench or pliers for shutting off utilities
- [ ] Whistle, N95 mask, duct tape, scissors, plastic sheeting

## Documents and money

- [ ] Copies of ID, insurance and medical information in a waterproof pouch
- [ ] Small bills and coins
- [ ] Spare house and car keys

## Pets and children

- [ ] Pet food, water and any medicine
  see Your numbers — Need
- [ ] Books, cards or games

**Carbon monoxide warning.** Generators, camp stoves, barbecues, charcoal, and kerosene or propane burners give off carbon monoxide, which you cannot see or smell and which can kill within minutes. Never use them indoors, or in a garage, basement, shed, tent or covered porch, even with doors and windows open. Outdoors, keep them at least 20 ft (6 m) from doors, windows and vents. Keep a battery-operated carbon monoxide alarm inside. If it sounds or anyone feels dizzy or sick, get outside to fresh air and call 911.

Our own additions and notes

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# 14-day no-power meal plan

Ready-to-eat food for two weeks, with a few optional hot meals.

These are meal ideas, not nutrition advice. Adjust for allergies, diabetes and special diets. No cooking is needed unless marked outdoor stove. Water for mixing is on top of your drinking water.

| Day | Breakfast | Lunch | Dinner | Snack | Done |
|---|---|---|---|---|---|
| 1 | Cereal with shelf-stable milk | Tuna with crackers | Canned chili, cold | Fruit cup | ☐ |
| 2 | Granola bar and dried fruit | Peanut butter on crackers | Canned bean salad with corn | Nuts | ☐ |
| 3 | Oats soaked in shelf-stable milk | Chicken in a can with crackers | Canned stew, cold or outdoor stove | Applesauce | ☐ |
| 4 | Cereal with shelf-stable milk | Peanut butter and jam on crackers | Black beans, corn, salsa | Protein bar | ☐ |
| 5 | Granola and fruit cup | Tuna and bean salad | Canned ravioli, cold or outdoor stove | Dried fruit | ☐ |
| 6 | Oats soaked in shelf-stable milk | Canned soup, cold or outdoor stove | Canned chicken with rice outdoor stove | Crackers | ☐ |
| 7 | Cereal bar and juice | Sardines with crackers | Chili with crackers | Fruit cup | ☐ |
| 8 | Cereal with shelf-stable milk | Peanut butter and banana chips | Canned beans with tomatoes | Nuts | ☐ |
| 9 | Granola bar and dried fruit | Tuna with crackers | Pasta with canned sauce outdoor stove | Applesauce | ☐ |
| 10 | Oats soaked in shelf-stable milk | Canned chicken salad, no mayonnaise | Lentil soup, cold or outdoor stove | Protein bar | ☐ |
| 11 | Cereal with shelf-stable milk | Peanut butter on crackers | Canned stew | Fruit cup | ☐ |
| 12 | Granola and fruit cup | Bean salad with corn | Rice and canned beans outdoor stove | Dried fruit | ☐ |
| 13 | Oats soaked in shelf-stable milk | Sardines with crackers | Canned ravioli | Nuts | ☐ |
| 14 | Cereal bar and juice | Tuna and bean salad | Choose your favourite | Treat | ☐ |

## No-fridge rules

- Open small cans and finish them at that meal.
- Perishable food left out more than 2 hours (1 hour above 90°F or 32°C) gets thrown out.
- Clean hands, sanitized if water is short.
- Eat fresh and thawing food first, before the pantry.

**Carbon monoxide warning.** Never use a generator, camp stove, barbecue, charcoal, or kerosene or propane burner indoors or in a garage, basement, shed, tent or covered porch, even with doors and windows open. Outdoors, keep it at least 20 ft (6 m) from doors, windows and vents. Keep a battery-operated carbon monoxide alarm inside.

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# Wallet cards

Cut along the dashed lines, fold on the centre line and tape or laminate. Each folded card is credit-card size (85.6 x 54 mm). Make one for every person, plus one for the car and one for the go bag. Print this page again for more cards.



fold

### In an emergency

Name _____

Out-of-area _____

Phone _____

Nearby _____

Phone _____

Meet near home _____

Meet away _____

### Medical and other notes

Allergies _____

Conditions _____

Doctor _____

Pharmacy _____

Other _____

**Emergency: call 911 (US and Canada)**

fold

### In an emergency

Name _____

Out-of-area _____

Phone _____

Nearby _____

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Meet near home _____

Meet away _____

### Medical and other notes

Allergies _____

Conditions _____

Doctor _____

Pharmacy _____

Other _____

**Emergency: call 911 (US and Canada)**

**For kids:** pin a card inside a backpack, and practise texting the out-of-area contact together.

**Keep it short.** A card is for a stranger helping in a hurry. The full plan stays in this binder.

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