14-Day Shelter-in-Place Checklist

Water

- [ ] Store 14 gallons (53 L) of water per person
- [ ] Label containers with the date and replace stored tap water every 6 months
- [ ] Bleach, plus a filter or a way to boil water outdoors

Food

- [ ] About 28,000 calories per adult (general guide: 2,000 a day)
- [ ] 14 days of breakfasts, lunches, dinners and snacks you will actually eat
- [ ] Salt, sugar, spices, coffee or tea
- [ ] Baby and pet food for two weeks if needed

Cooking

- [ ] Camp stove with enough fuel for two weeks, outdoor use only
- [ ] Carbon monoxide: never use a generator, camp stove, barbecue or charcoal indoors or in a garage. Keep at least 20 ft (6 m) from doors, windows and vents
- [ ] Manual can opener and a spare
- [ ] Dish soap, and paper plates and cups to save water

Sanitation

- [ ] Backup toilet: bucket or bags, absorbent, lid
- [ ] Heavy garbage bags and a covered place to store used bags
- [ ] Two weeks of toilet paper, soap, sanitizer and menstrual products

Light and communication

- [ ] Flashlight or headlamp per person
- [ ] Battery lantern
- [ ] Spare batteries or a solar or crank option
- [ ] Power banks, plus a car charger for use outdoors only
- [ ] Battery or crank radio
- [ ] Paper list of numbers and an out-of-area contact

Health

- [ ] Ask your pharmacist how to keep a longer supply of prescriptions
- [ ] Paper list of medicines and allergies
- [ ] First aid kit
- [ ] Thermometer and N95 respirators
- [ ] Backup plan for any medical device that needs power

Home and heat

- [ ] Smoke and carbon monoxide alarms with battery backup
- [ ] Fire extinguisher
- [ ] Warm bedding and clothing for a cold house
- [ ] Know how to shut off water, power and gas
- [ ] Insulate exposed pipes before winter

People

- [ ] Check-in plan with two or three neighbours
- [ ] A go bag in case you have to leave
- [ ] Books, cards, games and a charged e-reader

Numbers to keep

Emergency **911**
Poison help **1-800-222-1222**
Local help and services **211**
Weather alerts **weather.gov**
Official preparedness **Ready.gov**

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