

# EMERGENCY LIST



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**SEA TO SKY**  
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# Emergency List

## You'll Need:

- Large plastic heavy duty bin with cover
- Blankets that are always in car (not in bin)
- Towels that are always in the car (not in bin)

**Documents:** Copies of the following in document bag; Scanned and stored in Google Drive; Photos on phone ok too

- Passports/Residency Cards/Driver's Licenses
- Health Care Cards/Care Numbers/Health & Dental Insurance Information
- Birth Certificates
- House Insurance Docs
- Vaccination Records (as we've seen these may be important in crossing borders)

## Personal Care

- Wipes
- 1 pack expandable cloths
- Toothpaste
- Toothbrushes (one for each family member)
- Small roll of toilet paper
- Ear plugs
- Q-tips
- Nail kit
- Feminine products
- Garbage bags x 5
- Contact lenses
- Contact lens solution
- Contact lens case
- Spare sunglasses
- Spare eyeglasses (old pair)
- Spare sunscreen (note expiry date here: \_\_\_\_\_)
- Spare bug spray
- Small hand sanitizer
- Travel Shampoo/Conditioner/Face Cream/Deodorant
- Vaseline



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## First Aid and Camping Supplies

- Emergency blankets
- Lighter
- Camping candles x 2
- Emergency whistles
- Emergency (signal) mirrors
- Emergency drinking water tabs
- Compass
- Pocket knife (with scissors or separate pair of scissors)
- First aid - disinfectant (rubbing alcohol)
- First aid - aloe
- First aid - polysporin/neosporin
- First aid - Band aids
- First aid - Sewing kit
- First aid - Leukotape
- First aid - KT Tape
- First aid - Adult Tylenol
- First aid - Adult Advil
- Lysol wipes
- Duct tape
- Small multitool with screw driver
- Folding camp shovel
- Headlamp
- Rechargeable batteries
- Battery recharger
- Extra phone charger
- N95 masks
- Small amount of dish soap & small sponge
- Spray bottle with vinegar and water mix

## Clothing etc.

- Pair running shoes (can be an old pair) & socks
- Sweatshirts for each person
- Extra socks for each person
- Warm hats for each
- Ball caps for each
- Small camping cookware
- Camping mess kit



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## Babies

- Formula x 1 if you use this (note expiry date here: \_\_\_\_\_)
- Spare bottle if you use these
- Swaddle blanket
- Applesauce/baby food packets (note expiry date here: \_\_\_\_\_)
- Wipes
- First Aid - Infant Tylenol
- 42 Diapers in required size
- Binkies

## Kids

- Special books/things to distract (\$ store stickers and craft kits/special new stuffy)
- Glow bracelet
- PJs
- First aid - Kids Graval
- First aid - Kids Tylenol
- First aid - Kids Advil/Motrin

## Pets

- Food
- Medication
- ID tags
- Leash
- Pet carrier
- Special blankie and/or toy
- Water bowl
- Vaccination records



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## Food

- Bag of oats (note expiry date here: \_\_\_\_\_)
- Oat/almond milk x 2; does not need to be refrigerated until opened (note expiry date here: \_\_\_\_\_)
- Chick peas x 4 (note expiry date here: \_\_\_\_\_)
- Kidney beans x 2 (note expiry date here: \_\_\_\_\_)
- Peanut butter x 1 (note expiry date here: \_\_\_\_\_)
- Jam x1 (note expiry date here: \_\_\_\_\_)
- Small honey x 1
- Canned chili (can be vegan) x 2 cans (note expiry date here: \_\_\_\_\_)
- Canned tuna x 2 cans (note expiry date here: \_\_\_\_\_)
- Unopened mayo x 1 (note expiry date here: \_\_\_\_\_)
- Root veggie chips (note expiry date here: \_\_\_\_\_)
- Small spice container
- Granola/other bars (note expiry date here: \_\_\_\_\_)
- Protein powder (note expiry date here: \_\_\_\_\_)
- Package of Gold Fish (note expiry date here: \_\_\_\_\_)

Residents of the Pacific Northwest, as we navigate the challenges of our environment, it's essential to be prepared. One of our key tools in this journey is the storage bin. For a family of four, a single bin suffices. However, larger families or those with pets might need more than one.

## Bin Benefits:

Storage Savvy: Think of this bin as a central storage unit for emergencies. It should be easily accessible, whether in a basement, under the stairs, or a storage closet.

Rotation Ritual: Regularly update the contents of the bin. Items like food and personal care products expire, so ensure they're fresh and usable.

Camping Companion: This bin isn't just for emergencies. It's also useful for camping trips, holding most of what you'd need for an outdoor adventure.

# Emergency List

## The Extended List:

Beyond the bin, there are other items we keep ready, especially day to day use items that can't be packed away in a bin and perishables that need cooling. Being prepared isn't just about having items on hand; it's about being informed and proactive!

## Grab and Go: ETC.

- Apples from fridge
- Eggs from fridge
- Bread from freezer
- Carrots from fridge
- Onions and potatoes
- Small cooler
- For cooler: frozen steaks (or alternative) (for first night)
- For cooler: frozen soup (for first day)
- 5 gallon water jug: fill with water
- Fill water bottles - One large and then one additional per person for the car
  
- First aid - prescription medications
- Portable grill
- Portable propane
- Get a full propane for the camper
- Clothes for kids
- Sleeping bags adults
- Sleeping bags kids
- Kids special stuffies/blankets
- Laptop/iPad & Chargers
- Phone
- Wallet
- Keys



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## Prepare Your Home for Forest Fire Risk:

- Propane Patrol:** Remove all propane from the house. Yes, even that sneaky tank hiding under your grill. Place it in the driveway, away from the main structure.
- Gasoline Game Plan:** Got gasoline in the shed? Time to relocate. If needed, fill up a container at the gas station and take it with you in your car.
- Fuel Foresight:** Fill up your car immediately upon hearing of a fire evacuation alert. Trust us; gas stations get crowded during emergencies.
- Curtain Call:** Pull off all curtains. They might be stylish, but they're also flammable.
- Furniture Fandango:** Move furniture on exterior walls to the middle of rooms. It's like a mini home makeover with a safety twist!
- Water Wisdom:** Thinking of soaking the outside of your house? Check with firefighters first. They'll have the best advice.
- Soapy Solution:** Invest in spray bottles that attach to hoses and fill them with dish soap. It's a DIY fire retardant trick!
- Ladder Logic:** Leave a ladder outside. It can be a lifesaver for firefighters or anyone needing roof access.
- Debris Duty:** Clear any flammable debris from the exterior of your home. Think of it as an impromptu spring cleaning.
- Roof Recon:** If you can safely do so, check your roof for debris and remove it. A clean roof is a safer roof.



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