Emergency binder

Printed from the library on 2026-11-16. Each section shows the date its facts were checked. In an emergency, call 911 and follow local officials.

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2. Boil-water notice
3. Phones or the cell network are down
4. Wildfire nearby or an evacuation warning
5. You have been told to evacuate
6. The shaking just stopped
7. Flash flood warning
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30. Document grab-and-go kit

31. Pet go-kit: what to pack for your dog or cat
32. Kids and infant emergency kit
33. Winter vehicle kit: what to carry and what to do if stranded
34. Wildfire evacuation kit
35. Extreme heat kit for Southern Utah summers
36. Radiation emergency: stay-inside supplies
37. Power outage checklist: before, during, and after
38. How to boil water to make it safe
39. How to disinfect water with bleach
40. Leaving home in an evacuation: the last-out-the-door checklist
41. How to seal a room to shelter in place
42. Food safety during a power outage
43. How to make an emergency toilet: the two-bucket system

The power just went out

If anyone is hurt or in danger, call 911.

1. **Keep the fridge and freezer closed.** A closed fridge keeps food safe for up to 4 hours. A full freezer holds about 48 hours (24 if half full).[1]
2. **Use flashlights, not candles.**[2]
3. **Generators, camp stoves, and grills go outdoors only**, at least 20 feet from windows. Never heat your home with a gas stove or oven.[3]
4. **Unplug appliances and electronics.** Power can come back with surges that cause damage.[3]
5. **Medical devices or medicine that needs the fridge?** Follow the plan you made with your provider. If it is too hot or cold at home, go to a community location with power.[3]
6. **Stay at least 35 feet from fallen power lines** and call 911.[2]
7. **CO alarm or headache, dizziness, nausea?** Get outside to fresh air right away, then call 911.[4]

Don't: run a generator in the house or garage, even with doors open.[4] Don't taste food to test it: if it is 40°F or warmer, throw it out.[2]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. USDA Food Safety and Inspection Service: Keep Your Food Safe During Emergencies
2. American Red Cross: Power Outage Safety
3. FEMA / Ready.gov: Power Outages

4. U.S. Consumer Product Safety Commission: Carbon Monoxide Information Center

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/when-it-happens/power-out/ · Facts checked on 16 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Boil-water notice

Follow the notice from your water utility or health department.

1. **Use bottled water or boiled tap water** for drinking, cooking, preparing food, and brushing teeth.[1]
2. **Boil: a full rolling boil for 1 minute.** Above 6,500 feet, boil for 3 minutes. Let it cool before use.[1]
3. **Boil it even if you filter it**, including home filters and filter pitchers.[1]
4. **Bathing:** don't swallow the water. For babies and young children, consider a sponge bath.[1]
5. **Dishes:** use disposable plates if you can. A dishwasher is generally fine if it has a sanitizing cycle or a final rinse of at least 150°F.[1]
6. **Handwashing:** in many cases tap water and soap are fine. Follow your local officials' notice.[1]
7. **Feeding a baby?** Read CDC's advisory page or ask your pediatrician about formula before you mix it.[1]

Don't: boil water if the notice says **"Do not drink"** or **"Do not use."** Boiling does not remove chemicals or toxins. Use bottled water.[1]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. CDC: Drinking Water Advisories: An Overview

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/when-it-happens/boil-water-notice/ · Facts checked on 16 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Phones or the cell network are down

If anyone is hurt or in danger, call 911.

1. **Call 911 only for emergencies.**[1]
2. **Text instead of calling.** Texts may get through when calls don't, though they can be delayed.[1]
3. **Keep calls short** and only pass on vital information. Fewer calls also saves battery.[1]
4. **Wait 10 seconds before redialing** a call that didn't connect.[1]
5. **Turn on a battery or hand-crank radio** for official news. NOAA Weather Radio broadcasts warnings 24 hours a day.[2]
6. **Use your paper contact list** and your plan's meeting place if you can't reach each other.[3] [4]

Don't: redial over and over. It adds to the jam.[1]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. Federal Communications Commission: Emergency Communications: tips for communicating during an emergency
2. NOAA National Weather Service: NOAA Weather Radio
3. American Red Cross: Power Outage Safety
4. FEMA / Ready.gov: Make a Plan

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From Stay-Go Guide: https://preparedness.projectsandguides.com/when-it-happens/cell-network-down/ · Facts checked on 16 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Wildfire nearby or an evacuation warning

If anyone is hurt or in danger, call 911.

1. **See a wildfire? Call 911.**[1]
2. **Be ready to leave quickly with your go-bag.** Leave if local authorities advise it or if you feel you are in danger.[2]
3. **If you are told to evacuate, leave immediately** and follow the official routes.[1]
4. **Shut off an outside propane tank** before you go, if you have one.[1]
5. **Close and lock doors and windows.** Leave a note saying when you left and where you are going.[3]
6. **Wear an N95 mask** in smoke if you have one.[4]
7. **Get alerts:** make sure your phone is signed up for your county's emergency alerts.[1]

Don't: leave sprinklers or water running. It lowers the water pressure firefighters need.[1] Don't take shortcuts: they may be blocked.[3]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. Utah DEM / Be Ready Utah: Wildfire
2. American Red Cross: Wildfire Safety
3. FEMA / Ready.gov: Evacuation
4. FEMA / Ready.gov: Wildfires

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You have been told to evacuate

If you are in immediate danger, call 911.

1. **Follow local officials' instructions.** Your route may be on foot.[1]
2. **Grab your go-bag**, medicines, phone, and chargers.[1]
3. **Close and lock doors and windows.**[1]
4. **Unplug small electronics.** Leave the fridge and freezer plugged in unless there is a flood risk.[1]
5. **Tell someone where you are going** and leave a note saying when you left.[1]
6. **Take your pets.** Service animals are accepted at all shelters, but many shelters and hotels don't allow pets, so know a pet-friendly place.[2]
7. **Stay on the recommended routes** and away from downed power lines.[1]

Don't: take shortcuts. They may be blocked.[1] Don't drive through flood water.[3]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. FEMA / Ready.gov: Evacuation
2. FEMA / Ready.gov: Shelter
3. FEMA / Ready.gov: Floods

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The shaking just stopped

If anyone is hurt or in danger, call 911.

1. **Expect aftershocks.** If you feel one: Drop, Cover, and Hold On.[1]
2. **In a damaged building? Go outside** and move away from it. Don't go into damaged buildings.[1]
3. **Trapped? Text, or bang on a pipe or wall.**[1]
4. **Smell gas or think there's a leak?** Leave the home and call 911.[2]
5. **Text, don't call.** Texts may be more reliable and save battery.[1]
6. **Listen for official news** on a battery radio, TV, or phone alerts.[1]
7. **Near the coast?** Go inland or to higher ground right after the shaking stops.[1]

Don't: turn the gas back on yourself. Only a qualified professional should do that.[3]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. FEMA / Ready.gov: Earthquakes
2. American Red Cross: Earthquake Safety
3. American Red Cross: Power Outage Safety

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Flash flood warning

If anyone is hurt or in danger, call 911.

1. **A Flash Flood Warning means a flash flood is happening or about to.** In a flood-prone spot, move to high ground now.[1]
2. **Turn Around, Don’t Drown.** Don’t walk, swim, or drive through flood water.[2]
3. **Six inches of moving water can knock you down.** One foot can sweep your car away.[2]
4. **Go to higher ground or a higher floor.**[2]
5. **Stay off bridges over fast-moving water.** They can wash away without warning.[2]
6. **In a canyon or wash?** Flash floods can come with little or no notice. Climb out, don’t outrun it downstream.[3][1]

Don’t: drive around barriers or into water you can’t see the bottom of.[2]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. NOAA National Weather Service: Flood Watch vs. Warning
2. FEMA / Ready.gov: Floods
3. Washington County, Utah: Emergency Management

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Dangerous heat today

If anyone is hurt or in danger, call 911.

1. **Someone confused, very hot, or collapsed? That can be heat stroke: call 911** or get them to a hospital now.[1]
2. **No AC? Go to a cooling center**, library, or mall.[1]
3. **A fan is not enough on its own.** Fans don’t lower body temperature.[1]
4. **Drink plenty of fluids.**[1]
5. **Never leave people or pets in a closed car.**[1]
6. **Check on family, older adults, and neighbors.**[1]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. FEMA / Ready.gov: Extreme Heat

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Wildfire smoke outside

If anyone is hurt or in danger, call 911.

1. **Not told to evacuate? Stay inside** somewhere safe, or go to a community building where smoke is lower.[1]
2. **Fire very close?** It may be best to leave. Watch local alerts for when to evacuate.[2]
3. **Run a portable air cleaner or a better HVAC filter** if you have one. Both can remove smoke particles.[2]
4. **Wear an N95 mask** outdoors in smoke.[1]
5. **Check air quality** on local news, EPA's AirNow, or your state air-quality site.[2]

Don't: use an air cleaner that makes ozone.[2]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. FEMA / Ready.gov: Wildfires
2. U.S. EPA: Wildfires and Indoor Air Quality

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Told to shelter in place

If anyone is hurt or in danger, call 911.

1. **Bring everyone inside, pets too.**[1]
2. **Lock doors. Close windows, air vents, and fireplace dampers.**[1]
3. **Turn off fans, air conditioning, and forced-air heat.**[1]
4. **Take your kit** into an interior room with few windows.[1]
5. **If told the air is contaminated, seal the room** with plastic sheeting and duct tape: corners first, then the edges.[1]
6. **Stay tuned to local media** for official instructions. They may take time to arrive.[1]

Don't: go outside to check until officials say it is safe.[1]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. FEMA / Ready.gov: Shelter

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https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Stranded in your car in snow

If anyone is hurt or in danger, call 911.

1. **Stay inside the car.**[1]
2. **Signal for help:** hang a bright cloth (red if you have it) on the antenna, and raise the hood after the snow stops.[2]
3. **Run the engine about 10 minutes each hour** for heat.[2]
4. **Keep the exhaust pipe clear of snow** and open a downwind window slightly.[2]
5. **Use blankets and dry layers** from your car kit.[1]

Don’t: run the engine with a snow-blocked exhaust pipe. Carbon monoxide can build up.[2][3]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. FEMA / Ready.gov: Winter Weather
2. American Red Cross: Winter Storm Safety
3. U.S. Consumer Product Safety Commission: Carbon Monoxide Information Center

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Carbon monoxide alarm is sounding

Get out first. Then call 911.

1. **Get to fresh air now:** outdoors, or by an open window or door.[1]
2. **Call 911 from the fresh air** and stay there until help arrives.[1][2]
3. **Know the signs:** headache, dizziness, weakness, nausea, vomiting, sleepiness, confusion.[2]
4. **Bring people and pets with you.** You can't see or smell CO.[1]

Don't: assume opening windows or running fans makes it safe to stay. They don't prevent CO buildup.[1]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. American Red Cross: Safe Generator Use
2. U.S. Consumer Product Safety Commission: Carbon Monoxide Information Center

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A “loved one” calls asking for money

Feeling rushed and scared is the warning sign. Slow down.

1. **Don’t trust the voice.** Scammers can clone a voice from a short clip posted online.[1]
2. **Ask for your family code word.**[2]
3. **Hang up and call them back** on a number you know is theirs.[1]
4. **Can’t reach them?** Call another family member or their friends.[1]
5. **Wire transfer, crypto, or gift cards?** Those are signs of a scam.[1]
6. **Report it** at ReportFraud.ftc.gov. Lost money? Also file at ic3.gov.[1][2]

Don’t: send money, gift cards, or crypto to anyone you have only met online or by phone.[2]

Stay-Go Guide · official steps, checked 16 November 2026 · Follow your local officials first.

Sources

1. Federal Trade Commission: Scammers use AI to enhance their family emergency schemes (consumer alert, Mar 2023)
2. FBI Internet Crime Complaint Center (IC3): PSA I-120324-PSA: Criminals Use Generative Artificial Intelligence to Facilitate Financial Fraud (3 Dec 2024)

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From Stay-Go Guide: https://preparedness.projectsandguides.com/when-it-happens/money-call-from-loved-one/ · Facts checked on 16 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Family emergency plan worksheet

Stay-Go Guide · Family emergency plan · Updated: _____

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Family code word and the “hang up, call back” plan

A word only your family knows, plus one habit: hang up and call back. It beats a cloned voice every time.

Why a code word works

The FBI’s first tip against AI-powered fraud is to create a secret word or phrase with your family to verify who you are talking to.[1] The Electronic Frontier Foundation calls it a decades-old, low-tech answer to a high-tech problem, and notes that asking for it also buys you a moment to calm down and think.[2]

How to choose it

- Easy to remember in a panic, hard to forget, and **not public information**. An inside joke or a family nickname works.[2]
- Not a pet’s name, street, school, or birthday: those are often visible online.
- Say it out loud with everyone, including grandparents and older kids. Never text it or post it.
- If someone in the family has trouble remembering, EFF suggests writing it down at home.[2] Don’t put it on the wallet card below.
- Change it if you think it has leaked, and after you use it in a real scare.

The “hang up, call back” script

The FTC says: don’t trust the voice. Call the person at a number you know is theirs. If you can’t reach them, try another family member or their friends.[3]

1. **“I’m going to call you right back.”** Then hang up, even if they beg you not to.
2. **Call their saved number**, not the number that called you.
3. **Ask for the code word** if you do reach someone who sounds unsure.

4. **Never pay by wire transfer, crypto, or gift cards** to settle an “emergency.” The FTC says those requests can be signs of a scam.[3]
5. **Report it** at ReportFraud.ftc.gov. If money was sent, also file with the FBI at ic3.gov.[3] [1]

For grandparents

“If I ever call needing money, I’ll understand if you hang up and call my cell. I’ll never be upset about it. And I’ll know our word.”

For teens

“If someone calls Mom or Dad sounding like you, they’ll ask for our word. If anyone messages you asking for the word, don’t give it. Tell us.”

Print the wallet card

Call asking for money? Stop.

1. Hang up.
2. Call back on a number I know.
3. Ask for our family word.
4. No gift cards, wire, or crypto.
5. Report: ReportFraud.ftc.gov · ic3.gov

Call: _____
Call: _____

Tip: add a “code word agreed? yes/no” note to your family plan worksheet. The worksheet never needs the word itself.

Sources

1. FBI Internet Crime Complaint Center (IC3): PSA I-120324-PSA: Criminals Use Generative Artificial Intelligence to Facilitate Financial Fraud (3 Dec 2024)

2. Electronic Frontier Foundation (nonprofit): Worried About AI Voice Clone Scams? Create a Family Password (Jan 2024)
3. Federal Trade Commission: Scammers use AI to enhance their family emergency schemes (consumer alert, Mar 2023)

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COMMUNICATIONS · HOW-TO

How to make a family emergency communication plan

Decide now how your family will find each other.

Communications are often the first thing lost in an emergency. Power, phone lines, and cell towers can go down, and networks can be overwhelmed.[1]

Build your plan

1. **Pick an out-of-state contact.** Long-distance calls often get through more easily after a disaster because local lines and towers are overwhelmed. Everyone calls this person to report where they are and how they're doing. Get their permission first, and make sure everyone knows who it is.[1]
2. **Choose two meeting places.** One just outside your home, a specific spot within sight of it (for a fire). One outside your neighborhood, close enough to walk to.[1]
3. **Write it down.** Keep a written or printed copy of your emergency contacts in wallets, purses, vehicles, school bags, and kits, in case your phone is lost or dead.[1][2]
4. **Set up group texts.** Text messages need less bandwidth than calls, so they often get through when calls can't.[3] Create a family group chat ahead of time.[3]
5. **Learn the plans** for your city, your kids' schools, and your workplaces.[1]
6. **Teach children** how and when to call 911: for life-threatening situations, fires, or crimes in progress.[1]
7. **Practice** it, and talk through scenarios: evacuating vs. sheltering at home, weekday vs. weekend.[1]

Use our printable family plan to write it all down. Ready.gov also has a Make a Plan guide.

If you call 911

Give your location first, so help can be sent even if the call drops. Don't hang up until the dispatcher says so.[1]

Finding family after a disaster

Red Cross suggests texting, checking social media, and calling neighbors, employers, schools, and places of worship. If someone meets certain criteria, such as a medical condition made worse by the disaster, your local Red Cross chapter may be able to help.[5] See Red Cross: Contact and Locate Loved Ones.

Sources

1. Utah DEM / Be Ready Utah: Communication (12 Areas)
2. American Red Cross: Power Outage Safety
3. FEMA / Ready.gov: Get Tech Ready
4. FEMA / Ready.gov: Make a Plan
5. American Red Cross: Contact and Locate Loved Ones

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About this PDF

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YOUR SITUATION · GUIDE

Power outage plan for medical equipment that needs electricity

Three phone calls and a printed page: your provider, your supplier, and your utility.

> **This page is planning help, not medical advice.** Your provider, your equipment supplier, and your utility make the decisions on device use. We don't give device settings, oxygen flow rates, or dosing. If someone's life depends on power that is out, call 911.

Make the plan with three people

Who	What to ask
Your medical provider	For a power outage plan for each electric medical device and refrigerated medicine, how long medicines can be stored warm, and guidance for any medicine that is critical for life.[1]
Your equipment supplier	What backup power options work with your equipment, and read the instructions.[2]
Your power (and water) company	To be put on a list for priority power restoration.[3] The Red Cross says if you are electric-dependent, register with your local utility.[4] Ask their advice on the backup power you plan to use.[2]

> **Priority lists don't guarantee power.** The ADA National Network notes that even on a utility's priority list, your power could still be out for many days after a disaster, so a backup option is vital.[2]

Checklist

1. Tell your fire department you depend on life-support equipment.[2]
2. Contact your local emergency management office about voluntary registries.[3]
3. Buy an extra battery for a power wheelchair or other battery-operated device, and keep spares charged. If you can't afford one, ask local agencies or charities for help.[3]
4. Keep a list of each device's style and serial number, with special operating instructions.[3] Label equipment with your name and contact information.[2]
5. Learn how to connect and start your backup power supply, and teach your caregivers and neighbors.[4] [2]
6. If you use a power wheelchair, have a lightweight manual chair as a backup if possible.[3]
7. For dialysis or other regular treatment, know more than one place that can help, and ask your provider where to go if your usual clinic is closed.[3] [2]
8. Oxygen users: avoid open flames and gas leaks, post "Oxygen in use" signs, and use battery lights instead of candles. Ask your provider about anything to do with flow rates.[2]
9. Review the plan every six months.[2] Add a reminder.

When the power goes out

- Follow the plan from your provider.
- If heat or cold is extreme, go to a community location with power.[1] The Red Cross says to evacuate if medical devices need power.[5]
- Use battery lights, not candles, especially around oxygen.[2]
- If someone is in danger, call 911.

Sizing backup power

Use the maker's wattage figure in the power runtime calculator for a rough idea, then confirm with your supplier. Don't rely on an estimate for life-sustaining equipment.

Print your plan

Question	Answer
Device(s), make, model, serial number	
How long does the battery last? (ask the supplier)	
Can it run on a power station or generator? Which size? (ask the supplier)	
Provider’s outage plan for this device (who wrote it, date)	
Medicines that need refrigeration, and how long each can be warm (ask the pharmacist)	
Utility: on the priority / medical list? Account number	
Fire department told about life-sustaining equipment? (date)	
Local registry joined? (name, date)	
Where we go if power is out and it’s too hot or cold (place with power)	
Who helps us get there, and their number	
Spare batteries: where they are, when last charged	

Sources

1. FEMA / Ready.gov: Power Outages
2. ADA National Network: Emergency Power Planning for People Who Use Electricity and Battery-Dependent Assistive Technology and Medical Devices
3. FEMA / Ready.gov: People with Disabilities
4. American Red Cross: Disaster Safety for People with Disabilities
5. American Red Cross: Power Outage Safety

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Digital go-bag: account recovery and offline backups

Your accounts and documents, recoverable from anywhere, even without your phone.

What goes in it

Item	Why	Where to keep it
Password manager, with its recovery kit printed	CISA recommends strong passwords and a password manager.[1]	App on your phone; printed recovery kit with your documents
Multifactor authentication on email, bank, phone carrier	MFA stops others from getting in with just your password.[1]	Turned on in each account
Printed backup codes for your main email and phone account	If your phone is lost in a disaster, these are how you get back in. (Our tip.)	Sealed envelope in your document kit, not your wallet
Encrypted backup of key documents	Ready.gov says to back up files regularly in an encrypted file or encrypted storage device[2], and to store important documents on a secure, password-protected jump drive or in the cloud.[3]	One copy off-site (relative or safe deposit box)
Phone scans of ID, insurance, and medical records	Ready.gov notes phone scanning apps can capture insurance policies, ID, and medical records.[3]	Encrypted cloud folder plus the USB above
Paper contact list and phone tree	Phones die and contacts sync to the cloud. The Red Cross says keep a paper copy.[4]	Wallet and go-bag

Item	Why	Where to keep it
Paper map of your area	On the official kit lists.[5]	Car and go-bag
Charged backup battery	Ready.gov lists a phone with chargers and a backup battery.[5]	Go-bag

If you lose your phone in a disaster

1. Borrow a phone or computer and sign in to your email from the account's official recovery page, using a printed backup code.
2. Call your carrier from another phone to suspend the line and get a replacement SIM.
3. Change passwords on any account you think is exposed.[2]
4. Replace lost documents through the official agencies.[6] See our document kit.

> **Locked out?** Use only the official recovery page of the service. Anyone who contacts *you* offering to "recover" an account or money is a red flag.[7]

Sources

1. CISA: Secure Our World: Secure Yourself & Your Family
2. FEMA / Ready.gov: Cybersecurity
3. FEMA / Ready.gov: Get Tech Ready
4. American Red Cross: Power Outage Safety
5. FEMA / Ready.gov: Build A Kit
6. USA.gov: Replace vital documents
7. FBI Internet Crime Complaint Center (IC3): Internet Crime Complaint Center

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Page checked on 16 Nov 2026 · · ·

About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/digital-ai/digital-go-bag/ · Facts checked on 16 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Go bag: the complete evacuation backpack list

One bag per person, packed and by the door, so you can leave in minutes. Some people call it a bug-out bag. Officials call it a go-bag.

Stay-Go Guide · Go bag: the complete evacuation backpack list · Checked: _____

What to do

1. **Pick one bag per person.** Be Ready Utah says to keep a separate kit for each family member, in a backpack, wheeled suitcase, or other portable container.[1] Ready.gov says a go-bag should be something you can carry if you evacuate on foot or by public transportation.[2]
2. **Pack the checklist below.** Put anything that can get wet in plastic bags. Ready.gov says airtight plastic bags.[3][1]
3. **Store it near an exit**, in an easy-to-reach spot.[1] Make sure everyone knows where the bag is and who is responsible for grabbing it.[2]
4. **Keep the car ready too.** Ready.gov says to keep at least a half tank of gas at all times, and a full tank if an evacuation seems likely.[2] Put the heavier extras in the car: see the car kit.
5. **Check it twice a year.** Replace anything expired or broken.[1] Ready.gov also says to rethink your needs every year as your family changes.[3]

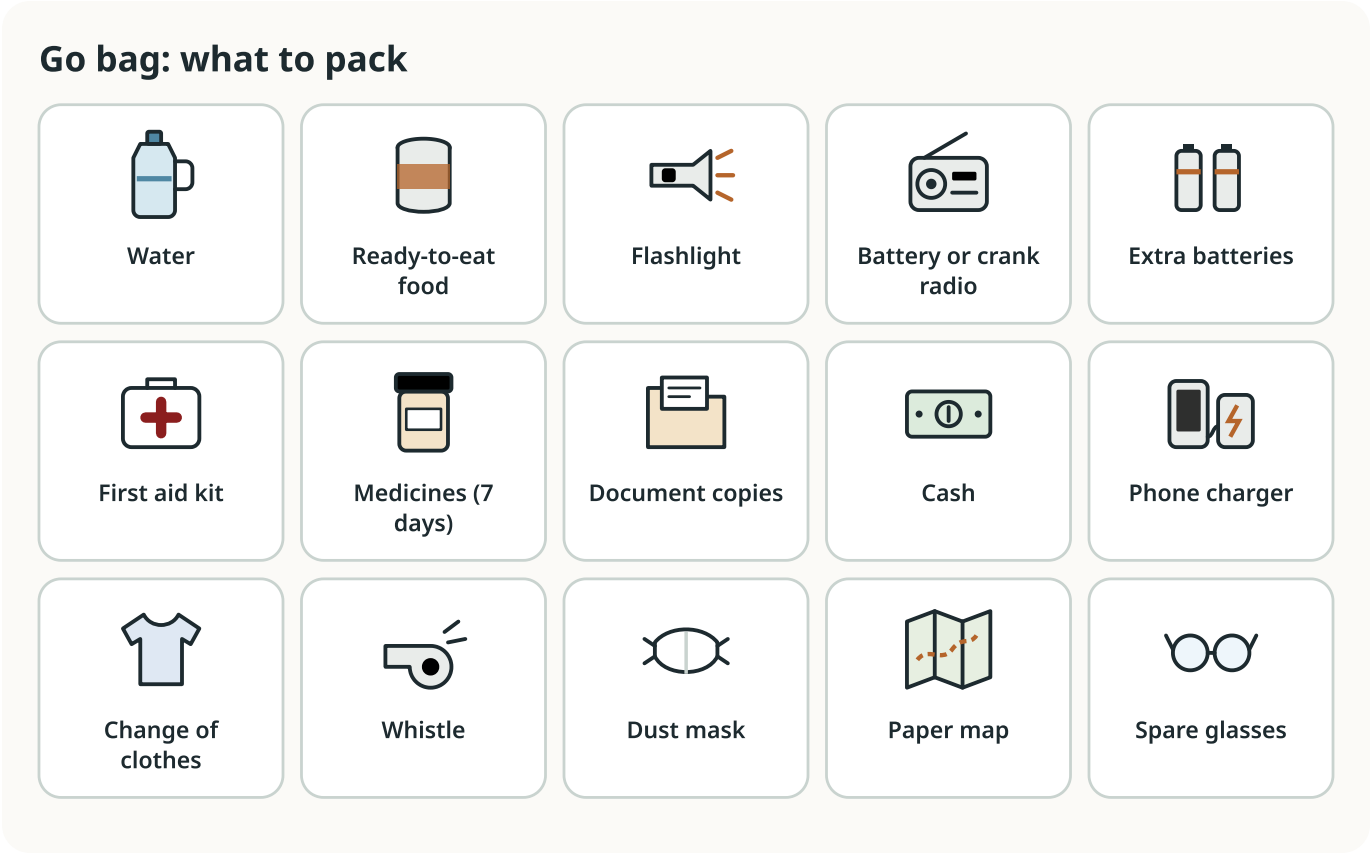


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Backpack or wheeled bag**	1 per person	Something you can carry on foot.[1]
☐	**Water**	Red Cross: 1 gallon per person per day, 3-day supply for evacuation[4]	Water is the first item on every official list. Three gallons each is heavy, so carry what you can and keep the rest in the car.
☐	**Food**	3-day supply, non-perishable and easy to prepare[4]	Pick foods that need no cooking or water. Add a manual can opener if you pack cans.

	Item	How many	Why
☐	**Flashlight**	1 per person[5]	On both the Ready.gov and Red Cross lists.[3] [4]
☐	**Battery-powered or hand-crank radio**	1 per household†	Ready.gov lists a battery or hand-crank radio and a NOAA Weather Radio with tone alert.[3]
☐	**Extra batteries**	Enough for each device†	For the flashlight and radio.[3]
☐	**First aid kit**	1†	On both lists. See the Red Cross contents in our first aid kit guide.[4]
☐	**Medications and medical items**	Red Cross: 7-day supply[4]	Talk to your doctor or pharmacist about an emergency supply. Include glasses or contact lens solution.
☐	**Multi-purpose tool**	1†	Red Cross basic list.[4]
☐	**Whistle**	1 per person†	To signal for help.[3]
☐	**Dust masks**	1 or more per person†	Ready.gov: a dust mask helps filter contaminated air. The Red Cross suggests N95 or surgical masks.[3] [4]
☐	**Moist towelettes, garbage bags, plastic ties**	A small pack of each†	For personal sanitation.[3]
☐	**Hygiene items**	1 small kit per person†	Soap, hand sanitizer, and feminine and personal hygiene supplies.[3]
☐	**Copies of important documents**	1 set	Medication list and medical information, proof of address, deed or lease, passports, birth certificates, insurance policies.[4] See the document kit.

	Item	How many	Why
☐	**Phone charger and backup battery**	1 per phone†	Ready.gov lists a cell phone with chargers and a backup battery.[3]
☐	**Contact list on paper**	1 per person	Family and emergency contact information.[4] Use the family plan worksheet.
☐	**Cash in small bills**	Some†	ATMs and card readers may not work.[6]
☐	**Emergency blanket**	1 per person†	Red Cross basic list.[4]
☐	**Local map**	1	Roads may be closed and phones may be down.[3] [4]
☐	**Change of clothes and sturdy shoes**	1 set per person	Clothing for your climate.[3] Ready.gov says to evacuate in long pants, long sleeves, and a hat.[2]
☐	**Spare car and house keys**	1 set	Red Cross extra item.[4]
☐	**Rain gear and work gloves**	1 each per person†	The Red Cross suggests these depending on local hazards.[4]

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**Headlamp**	1 per person	Keeps both hands free. A flashlight still covers the official list.

	Item	How many	Why
☐	**Two-way radios**	1 pair	The Red Cross lists two-way radios as an extra to consider.[4] See the radio setup guide for license rules.
☐	**Water filter bottle**	1 per person	Not a replacement for stored water. Read our filter guide first: many filters don't remove viruses.
☐	**Paper and pencil**	1	Ready.gov extra item.[3]

Kids, pets, and medical needs

Add the kids and infant kit, the pet go-kit, and anything someone needs every day. Be Ready Utah says to personalize the kit: if you need something to be healthy and comfortable every day, try to put some of it in.[1]

Want this in one interactive list? Use the 72-hour kit checklist.

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[7] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 **(Free: gather from home)**

- Backpack or duffel you own
- Water bottles filled from the tap
- Shelf-stable snacks from the cupboard
- Spare clothes and sturdy shoes
- Old phone charger and a flashlight
- Paper copy of contacts and documents

$50

- Battery bank for your phone
- Small first-aid supplies
- Extra batteries
- Masks and hand sanitizer

$150

- Hand-crank or battery radio
- Emergency blankets and rain poncho
- Water filter or purification tablets

$500

- A go bag per person
- Higher-capacity power bank
- Duplicate prescriptions and glasses (ask your doctor)

Sources

1. Utah DEM / Be Ready Utah: Get a Kit: Family
2. FEMA / Ready.gov: Evacuation
3. FEMA / Ready.gov: Build A Kit
4. American Red Cross: Survival Kit Supplies
5. FEMA / Ready.gov: Power Outages
6. FEMA / Ready.gov: Financial Preparedness
7. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/go-bag/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Car emergency kit: what to keep in every vehicle

If you’re stranded, this is what gets you home or keeps you safe until help comes.

Stay-Go Guide · Car emergency kit: what to keep in every vehicle · Checked: _____

What to do

1. **Start with a basic kit** (water, food, flashlight, first aid kit) and add the car extras below. Ready.gov says to keep an emergency kit in your car in case you are stranded.[1]
2. **Use a sturdy bin or bag** and keep one kit in each vehicle.[2]
3. **Plan for heat and cold.** Be Ready Utah warns that car kits see temperature extremes, so only pack items that can take them, and rotate items more often.[2]
4. **Keep the tank full.** Ready.gov says a full tank helps in an evacuation or outage and keeps the fuel line from freezing.[1]
5. **Get the car checked** before an emergency: battery, brakes, lights and hazard lights, tires, wipers, heater and defroster.[1]
6. **Know the driving rules that save lives.** Never drive through flooded areas. Ready.gov says six inches of water can cause a loss of control, and a foot of water will float many cars.[1] If a power line falls on your car, stay inside until a trained person removes it.[1]

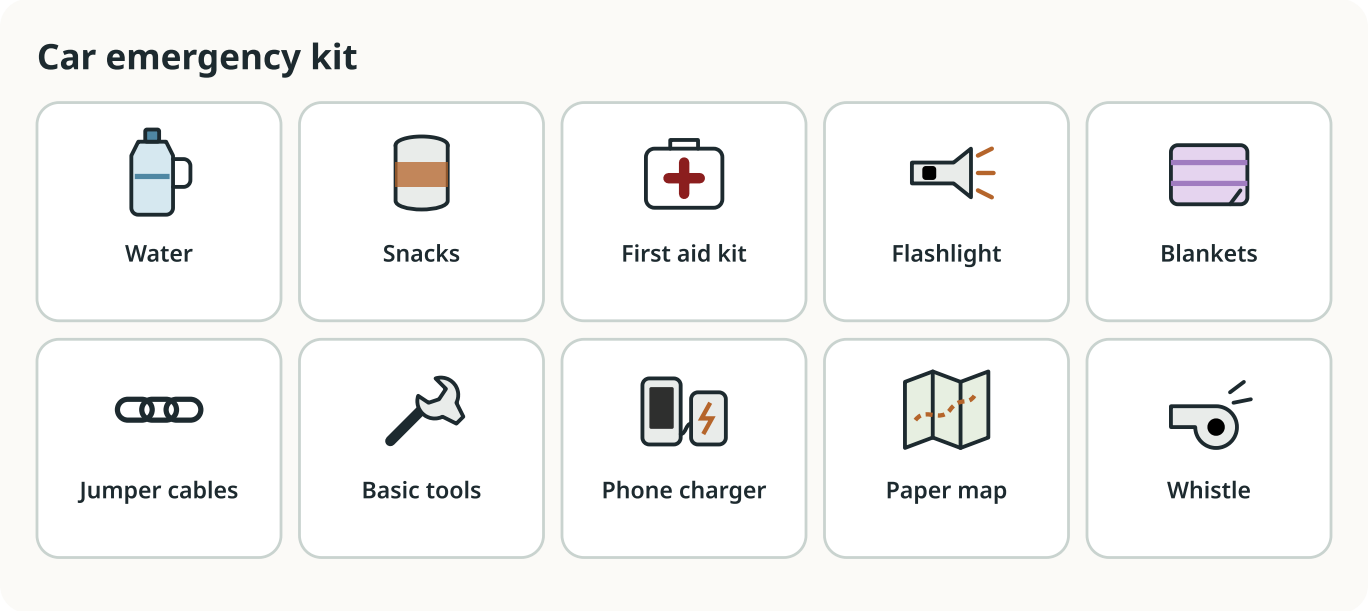


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Jumper cables**	1 set	Ready.gov car extra.[1]
☐	**Flares or reflective triangle**	1 set	So other drivers see you.[1]
☐	**Car phone charger**	1	Ready.gov car extra.[1]
☐	**Blanket**	1 per seat†	Ready.gov car extra.[1]
☐	**Map**	1	In case GPS or service fails.[1]
☐	**Cat litter or sand**	1 bag†	For tire traction.[1]
☐	**Ice scraper**	1	Ready.gov car extra.[1]
☐	**Water**	1 gallon per person per day†	Ready.gov's winter car kit includes bottled water.[3] In desert heat, carry more.

	Item	How many	Why
☐	**Non-perishable snacks**	A few days' worth†	Ready.gov winter car kit.[3]
☐	**Flashlight and batteries**	1†	Ready.gov winter car kit.[3]
☐	**Warm clothes**	1 set per person†	Ready.gov winter car kit.[3]
☐	**First aid kit**	1	The Red Cross says to keep a first aid kit in your home and in your car.[4]

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**Portable jump starter**	1	Lets you start the car without a second vehicle. Jumper cables still cover the official list.
☐	**Tire inflator**	1	Plugs into the car to top up a low tire.
☐	**Tow strap and work gloves**	1 each	Handy for getting unstuck. Don't overexert yourself.

Southern Utah and hot weather

Never leave people or pets in a closed car on a warm day.[5] For winter driving, add the winter vehicle kit. For a full evacuation, pair this with a go bag for each person.

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[6] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 **(Free: gather from home)**

- Old blanket
- Phone charger cable
- Water bottles
- Snacks
- Flashlight from home

$50

- Car phone charger
- Reflective triangle or flares
- Jumper cables

$150

- First-aid supplies
- Portable jump starter
- Small shovel

$500

- Kit for each household car
- Winter traction aids and a fuller winter kit

Sources

1. FEMA / Ready.gov: Car Safety
2. Utah DEM / Be Ready Utah: Get a Kit: Family
3. FEMA / Ready.gov: Winter Weather
4. American Red Cross: Anatomy of a First Aid Kit
5. FEMA / Ready.gov: Extreme Heat
6. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/car-emergency-kit/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Radio communications setup: license-free, GMRS, and ham options

Phones can fail in a disaster. Radios can keep your family in touch, as long as you use them legally.

> **Read this before you buy a handheld radio.** The FCC says operating a transmitter that requires a license without one can bring fines, imprisonment, or confiscation of equipment.[1] Two key rules:
>
> - **Ham (amateur) bands need an amateur license.** Even if a radio works only on amateur frequencies, the FCC says the operator must have an amateur license.[2]
> - **Many low-cost handhelds aren't legal on FRS or GMRS.** The FCC warned in 2018 that many low-cost two-way VHF/UHF radios sold online don't comply with its rules, and some can transmit on public-safety channels.[2] An FRS radio must be FCC-certified and may not be modified,[3] so a ham handheld isn't a legal way onto FRS channels. Before you buy, the FCC says to make sure a radio is either labeled FCC-compliant or operates only within amateur frequencies.[2]
>
> This is a summary of FCC guidance, not legal advice. Check current rules on the FCC pages cited below.

Stay-Go Guide · Radio setup (Option A: license-free) · Checked: _____

What to do

1. **Start with listening, which needs no license.** Get a NOAA Weather Radio. It broadcasts weather and other emergency information around the clock from the nearest Weather Service office.[4]
2. **Choose your path.** *License-free:* FRS radios, which anyone can use regardless of age.[3] *Family license:* GMRS, one FCC license that covers your family.[5] *Exam license:* amateur (ham) radio, with the longest reach.[6]

3. **License first, then buy.** For GMRS you must be 18 or older, and licenses run 10 years.[5] For ham radio, pass an exam given by volunteer examiners. Most people start at Technician class, and the question pools are public.[7]
4. **Buy certified gear for the service you'll use**, and check for the FCC label.[2] Program only channels you're allowed to use.
5. **Practice with your family.** Pick a channel and check-in times, and write them on your family plan. Expect less range than the box says: Be Ready Utah warns that in mountains or cities, advertised ranges can drop to a mile or less.[6]

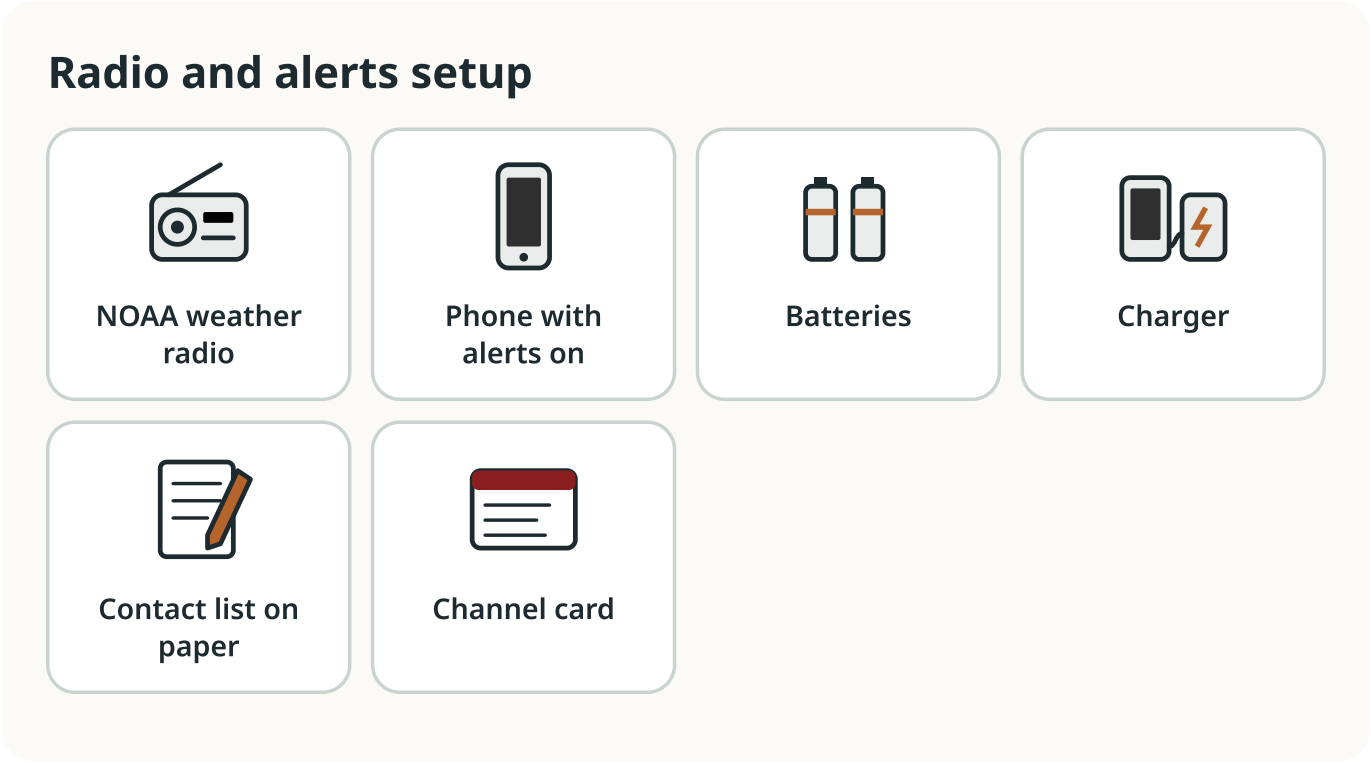


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**NOAA Weather Radio with tone alert**	1 per household	Receive-only. On Ready.gov's basic kit list.[8]

	Item	How many	Why
☐	**FRS two-way radios**	1 per family member†	No license needed. 22 channels shared with GMRS.[3] Range is usually under half a mile on channels 8–14, longer on the others depending on conditions.[3]
☐	**Rechargeable batteries and charger**	1 set per radio†	So radios work through a long outage. Charge them from a power bank or the car.
☐	**Power bank**	1†	Ready.gov lists a backup battery for phones.[8] Many radios charge by USB too.

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**GMRS radio (FCC-certified for GMRS)**	1 per family member, after you hold a license	One license covers your family. GMRS range runs from one to 25 miles depending on the station, terrain, and repeaters.[5]
☐	**Technician license study guide**	1	The license comes first.[7]
☐	**Dual-band amateur handheld (Baofeng-style or similar)**	1 per licensed operator	Only once you're licensed, and only a model labeled FCC-compliant or limited to amateur frequencies.[2]
☐	**Upgraded handheld antenna**	1 per radio†	The stock antenna on budget handhelds is often the weakest part. Make sure the connector matches your radio.
☐	**Spare battery pack**	1 per radio†	Lets you swap and keep talking while one charges.

	Item	How many	Why
☐	**Programming cable**	1	Lets you load your local repeaters and stay on frequencies you're licensed for.

Option B: GMRS (one license for the family)

	Item	How many	Why
☐	**GMRS radio (FCC-certified for GMRS)**	1 per family member, after you hold a license	One license covers your family. GMRS range runs from one to 25 miles depending on the station, terrain, and repeaters.[5]

Option C: ham radio (license by exam)

	Item	How many	Why
☐	**Technician license study guide**	1	The license comes first.[7]
☐	**Dual-band amateur handheld (Baofeng-style or similar)**	1 per licensed operator	Only once you're licensed, and only a model labeled FCC-compliant or limited to amateur frequencies.[2]
☐	**Upgraded handheld antenna**	1 per radio†	The stock antenna on budget handhelds is often the weakest part. Make sure the connector matches your radio.
☐	**Spare battery pack**	1 per radio†	Lets you swap and keep talking while one charges.
☐	**Programming cable**	1	Lets you load your local repeaters and stay on frequencies you're licensed for.

More detail in our two-way radio guide and the FCC pages: FRS, GMRS, Amateur Radio Service.

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[9] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 (Free: gather from home)

- Turn on phone emergency alerts
- Write down an out-of-area contact

$50

- A pair of FRS radios (no license)
- Batteries

$150

- NOAA weather radio with tone alert

$500

- GMRS radios (FCC license required first)

Sources

1. Federal Communications Commission: Personal Radio Services
2. Federal Communications Commission: Enforcement Advisory 2018-03: Two-way VHF/UHF radios (DA 18-980)
3. Federal Communications Commission: Family Radio Service (FRS)
4. FEMA / Ready.gov: Emergency Alerts
5. Federal Communications Commission: General Mobile Radio Service (GMRS)
6. Utah DEM / Be Ready Utah: Communication (12 Areas)
7. Federal Communications Commission: Amateur Radio Service
8. FEMA / Ready.gov: Build A Kit
9. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

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Power outage kit: lights, charging, food, and CO safety

Everything for a blackout in one bin, so the first ten minutes are calm.

Stay-Go Guide · Power outage kit: lights, charging, food, and CO safety · Checked: _____

What to do

1. **List everything you need that runs on electricity**, then plan batteries or other backup power for each.[1]
2. **Talk to your medical provider** about a plan for powered medical devices and refrigerated medicines.[1]
3. **Install CO alarms with battery backup** in central locations on every level of your home.[1]
4. **Store food and water.** The Red Cross says at least two weeks for home.[2] See the outage checklist for what to do when the lights go out.
5. **Keep it together** in one bin in a spot everyone can find in the dark, with a flashlight on top.

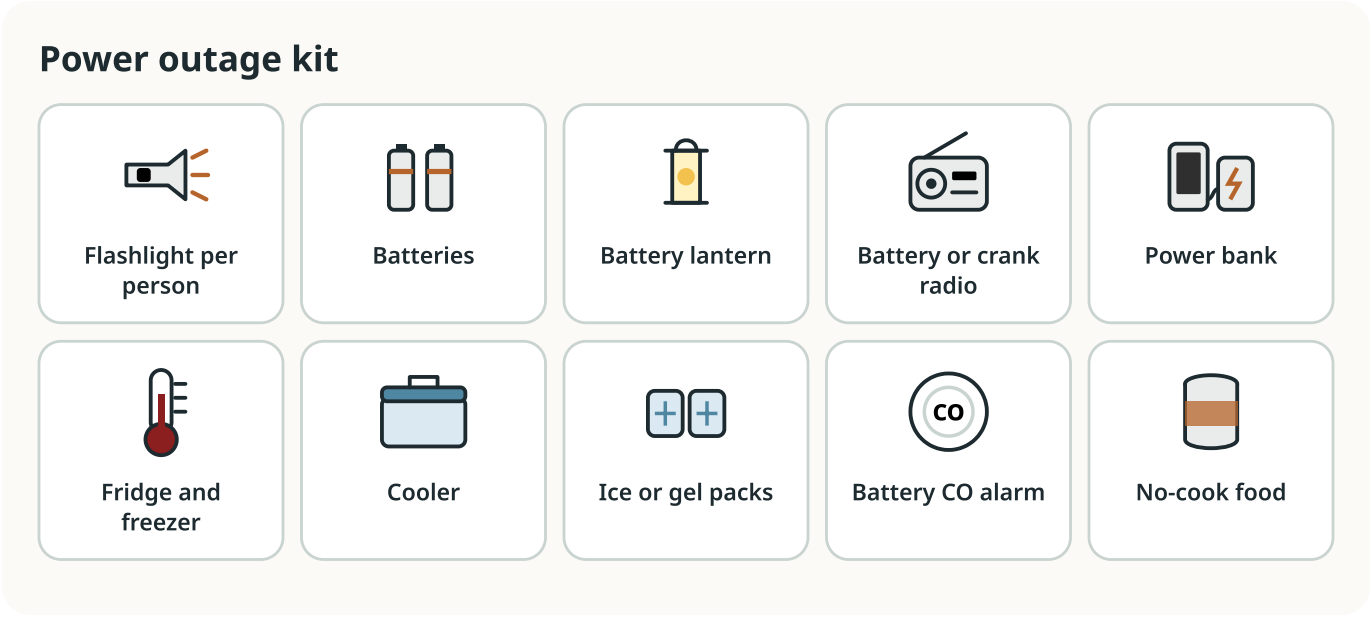
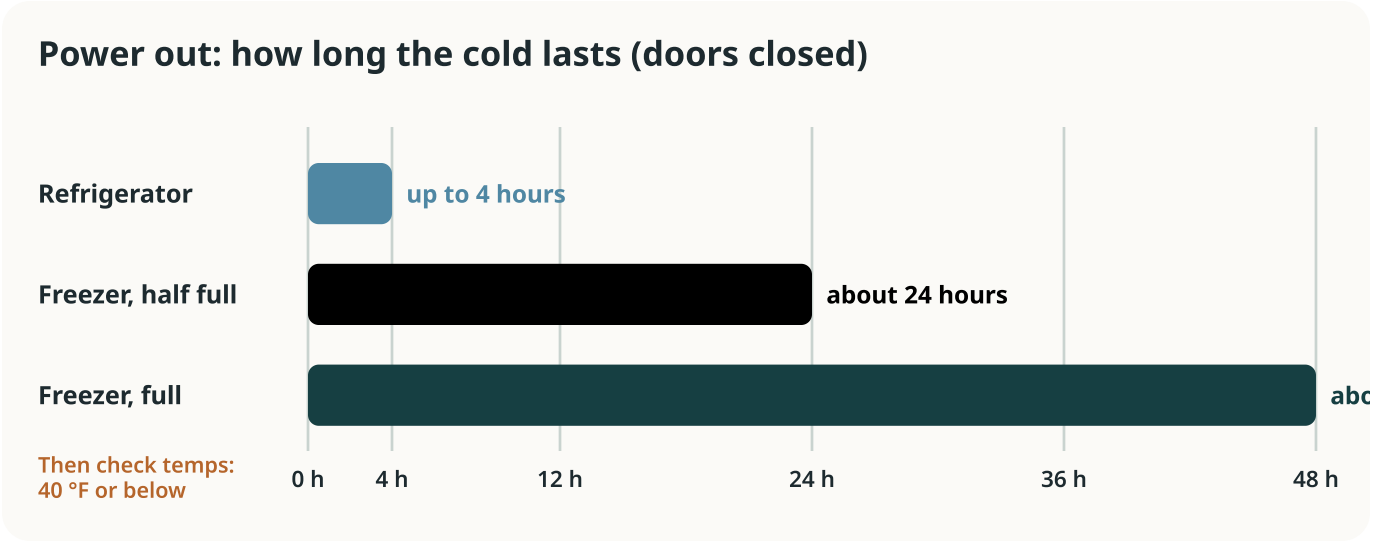


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.



Times from USDA FSIS (refrigerator 4 hours; freezer about 48 hours full, 24 hours half full). Keep the doors closed.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Flashlights**	1 per person[1]	Use flashlights, not candles.[2]

	Item	How many	Why
☐	**Extra batteries**	For every device†	Ready.gov basic kit item.[3]
☐	**Power bank or portable charger**	1 per phone†	Ready.gov names a portable charger or power bank.[1]
☐	**Battery or hand-crank radio**	1	The Red Cross lists a crank or battery radio and a non-cordless home phone.[2]
☐	**CO alarms with battery backup**	1 per level	Ready.gov: every level of your home.[1]
☐	**Smoke alarms with battery backup**	Every floor, inside and outside sleeping areas	Red Cross, test monthly.[2]
☐	**Cooler and ice**	1 or more†	To extend refrigeration.[2]
☐	**Appliance thermometers**	1 each for fridge, freezer, and cooler	The Red Cross says to monitor food temperature.[2] Throw out food at 40°F or warmer, especially dairy and meat.[2]
☐	**Surge protectors**	For key electronics	Red Cross: have current surge protectors.[2]
☐	**Manual can opener**	1	Ready.gov basic kit item.[3]
☐	**Food and water**	At least 2 weeks[2]	See the water kit and the food hub.
☐	**Heavy-duty extension cords (only if you have a generator)**	As needed	Ready.gov says to connect appliances to a generator with heavy-duty extension cords, and to run the generator outdoors at least 20 feet from windows, doors, and attached garages.[1]

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**Portable power station**	1	Runs small devices silently indoors with no fumes. Size it with our runtime guide.
☐	**Folding solar panel**	1	Recharges a power station during a long outage. Read solar for emergencies first.
☐	**Battery lanterns**	1 per room you'll use	Lights a whole room, which is easier than holding a flashlight.

> **Carbon monoxide kills.** Never use a generator, camp stove, or charcoal grill indoors. Never heat your home with a gas stove or oven.[1] See carbon monoxide safety.

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[4] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 **(Free: gather from home)**

- Flashlights from around the house
- Cooler and ice packs
- Paper list of utility numbers
- Charged phones

$50

- A flashlight per person
- Extra batteries
- Appliance thermometers
- Battery CO alarm if missing

$150

- Power bank per person
- Battery lanterns
- Battery or hand-crank radio

$500

- Portable power station sized with the runtime calculator
- Solar panel for recharging

Sources

1. FEMA / Ready.gov: Power Outages
2. American Red Cross: Power Outage Safety
3. FEMA / Ready.gov: Build A Kit
4. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

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Home 72-hour bin: the Ready.gov basic kit, packed

The Ready.gov basic kit, packed into one bin at home, plus how to grow it past three days.

Stay-Go Guide · Home 72-hour bin: the Ready.gov basic kit, packed · Checked: _____

What to do

1. **Pick one or two easy-to-carry containers.** Ready.gov suggests plastic bins or a duffel bag.[1]
2. **Fill it from the checklist.** Store items in airtight plastic bags.[1]
3. **Keep it in one designated place** and make sure everyone knows where it is.[1]
4. **Grow it past 72 hours.** The Red Cross says a 2-week supply of food and water for home,[2] and Be Ready Utah works from three days toward a minimum one-month food supply.[3]
5. **Maintain it.** Keep canned food cool and dry, keep boxed food in tightly closed plastic or metal containers, and replace expired items.[1]

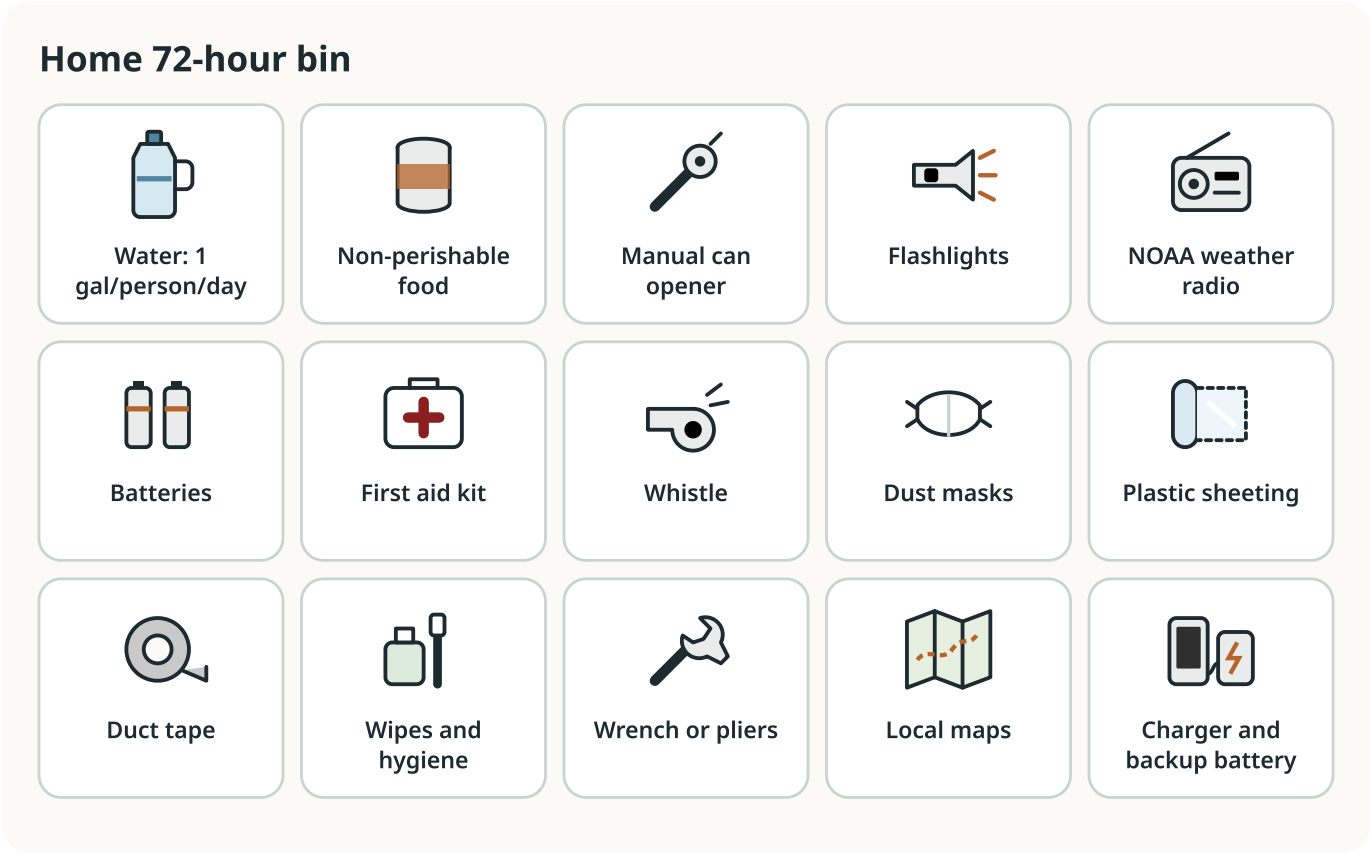


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Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Water**	1 gallon per person per day, several days[1]	Drinking and sanitation. See the water kit.
☐	**Non-perishable food**	At least a several-day supply[1]	Foods your family already eats.
☐	**Manual can opener**	1	Ready.gov basic list.[1]
☐	**Battery or hand-crank radio + NOAA Weather Radio with tone alert**	1	Ready.gov basic list.[1]

	Item	How many	Why
☐	**Flashlights and extra batteries**	1 per person[4]	Ready.gov basic list.[1]
☐	**First aid kit**	1	Ready.gov basic list.[1] See first aid kits.
☐	**Whistle**	1 per person†	To signal for help.[1]
☐	**Dust masks**	1 or more per person†	To help filter contaminated air.[1]
☐	**Plastic sheeting, scissors, duct tape**	1 roll each†	To shelter in place.[1]
☐	**Moist towelettes, garbage bags, plastic ties**	1 pack each†	For personal sanitation.[1]
☐	**Wrench or pliers**	1	To turn off utilities.[1]
☐	**Local maps**	1	Ready.gov basic list.[1]
☐	**Phone chargers and backup battery**	1 per phone†	Ready.gov basic list.[1]
☐	**Soap, hand sanitizer, disinfecting wipes**	1 each†	Ready.gov additional supplies.[1]
☐	**Sleeping bag or warm blanket**	1 per person[1]	For cold nights without heat.
☐	**Fire extinguisher**	1†	Ready.gov additional supplies.[1] See the fire safety kit.
☐	**Matches in a waterproof container**	1†	Ready.gov additional supplies.[1]
☐	**Mess kits, cups, plates, paper towels, utensils**	1 set per person†	Ready.gov additional supplies.[1]

	Item	How many	Why
☐	**Paper and pencil; books and games for kids**	1 set†	Ready.gov additional supplies.[1]

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[5] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 (Free: gather from home)

- A bin or box you own
- Three days of water filled from the tap
- Three days of pantry food
- Flashlight, can opener, blankets from home

$50

- Batteries
- Basic first-aid supplies
- Plastic sheeting and duct tape
- Wrench or pliers for utilities

$150

- NOAA weather radio
- Lanterns
- Dedicated water containers

$500

- Two weeks of water and food
- Power station or solar charger

Sources

1. FEMA / Ready.gov: Build A Kit
2. American Red Cross: Survival Kit Supplies
3. Utah DEM / Be Ready Utah: Food (12 Areas)
4. FEMA / Ready.gov: Power Outages
5. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/home-72-hour-bin/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Water storage and purification kit

Stored water first, then the gear to make more water safe.

Stay-Go Guide · Water storage and purification kit · Checked: _____

What to do

1. **Work out how much.** At least 1 gallon per person per day.[1] CDC says at least 3 days and 2 weeks if possible.[1] Be Ready Utah sets a minimum 2-week supply, 14 gallons each.[2] Use the water calculator.
2. **Buy or clean containers.** Unopened commercial bottled water is the safest choice.[1] If you fill your own, CDC recommends FDA-approved food-grade containers, never ones that held toxic chemicals.[1] Clean them first: how to clean and fill containers.
3. **Label and store.** Label each container “drinking water” with the date and keep it at 50–70°F, out of sunlight, away from gasoline and pesticides.[1]
4. **Rotate.** Replace water you bottled yourself every six months.[1]
5. **Keep a way to treat more.** Learn boiling and bleach disinfection before you need them. Portable filters don’t remove viruses, so CDC says to add a chemical disinfectant after filtering.[3]

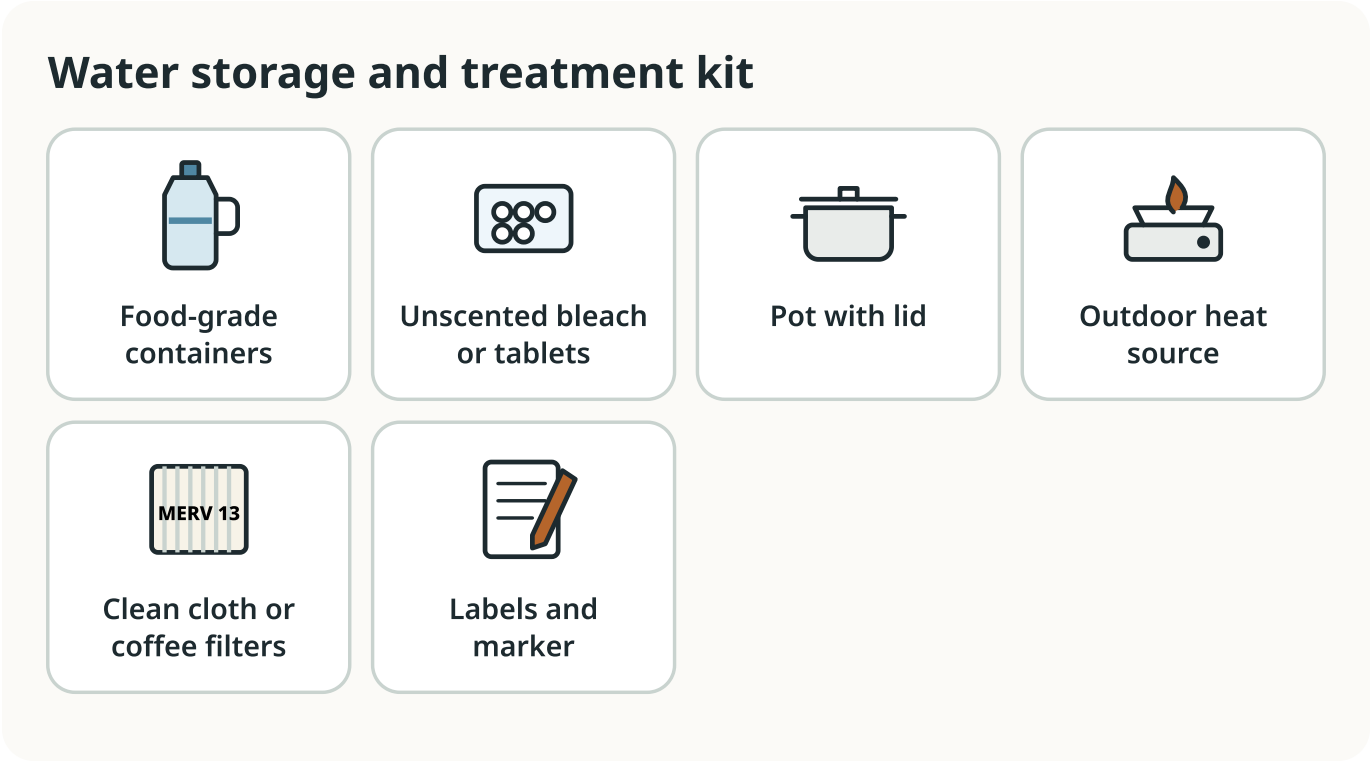
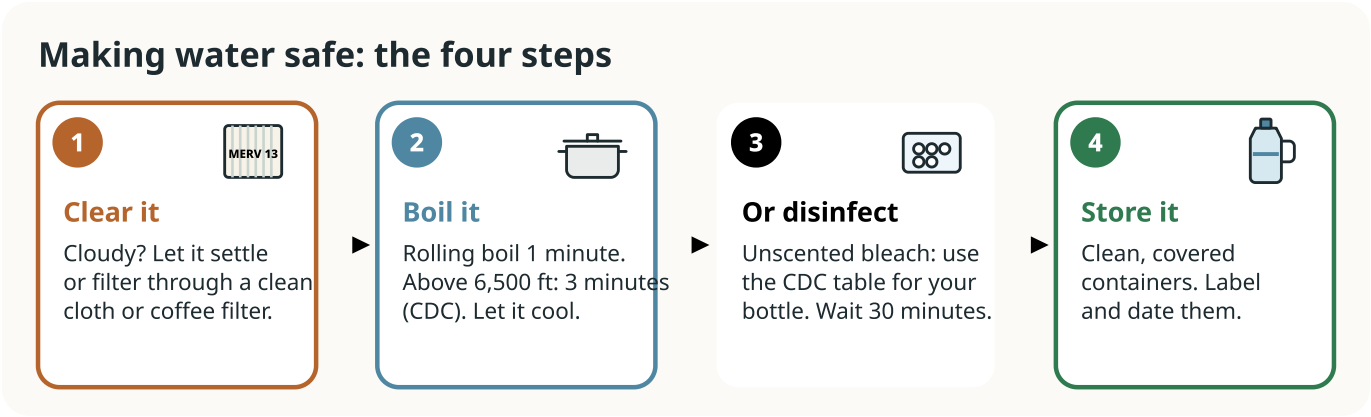


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.



Water treatment steps as published by CDC. Boiling is the most reliable method; bleach does not work as well against some parasites.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Stored drinking water**	1 gallon per person per day × days you plan for[1]	Drinking and sanitation. More for hot weather, children, nursing mothers, and sick people.
☐	**Food-grade water containers**	Enough for your total†	CDC: FDA-approved food-grade storage containers.[1]
☐	**Regular unscented chlorine bleach**	1 bottle, replaced as it ages†	EPA: only regular, unscented chlorine bleach suitable for disinfection, not scented, color-safe, or with added cleaners.[4] Doses by source are in our bleach guide.
☐	**Medicine dropper**	1†	For measuring bleach drops. Keep it only for water treatment.
☐	**Clean cloth or coffee filters**	1 pack	CDC: filter cloudy water through a clean cloth, paper towel, or coffee filter, or let it settle first.[3]
☐	**Pot with lid and a heat source you can use outdoors**	1	For boiling. Never run camp stoves indoors.[5]
☐	**Labels and a marker**	1 set	For the “drinking water” label and date.[1]

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**Water container spigot or pump**	1	Makes heavy containers easier to pour.

	Item	How many	Why
☐	**Portable water filter**	1	Useful with a disinfectant afterward. See filters and tablets.
☐	**Collapsible water jugs**	2	For carrying water from a distribution point.

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[6] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 **(Free: gather from home)**

- Clean food-grade bottles you already have
- Tap water
- Plain unscented bleach if you have it
- A pot to boil water

$50

- Food-grade water containers
- Fresh plain bleach and a dropper

$150

- Several large containers toward two weeks
- Portable water filter

$500

- Two weeks or more of stored water for everyone
- Water storage barrel with pump

Sources

1. CDC: How to Create an Emergency Water Supply
2. Utah DEM / Be Ready Utah: Water (12 Areas)
3. CDC: How to Make Water Safe in an Emergency
4. U.S. EPA: Emergency Disinfection of Drinking Water
5. FEMA / Ready.gov: Power Outages
6. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/water-storage-and-purification-kit/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Two-week food supply kit

Foods you already eat, enough for two weeks, stored so they last.

Stay-Go Guide · Two-week food supply kit · Checked: _____

What to do

1. **Start with three days, then build.** Be Ready Utah: start with a three-day supply, work toward a minimum one-month supply each, then three months or more.[1]
2. **Buy what you already eat.** Be Ready Utah: “eat what you store and store what you eat,” and rotate.[1] Don’t store foods anyone is allergic to.[1]
3. **Build gradually.** Cover all areas of nutrition and don’t go into debt.[1]
4. **Store it right:** cool, dark, and dry, off floors and walls. Be Ready Utah says every 18°F above the ideal 40–70°F halves shelf life.[1]
5. **Rotate.** Most off-the-shelf foods have a shelf life of less than a year.[1] See building an emergency food supply.

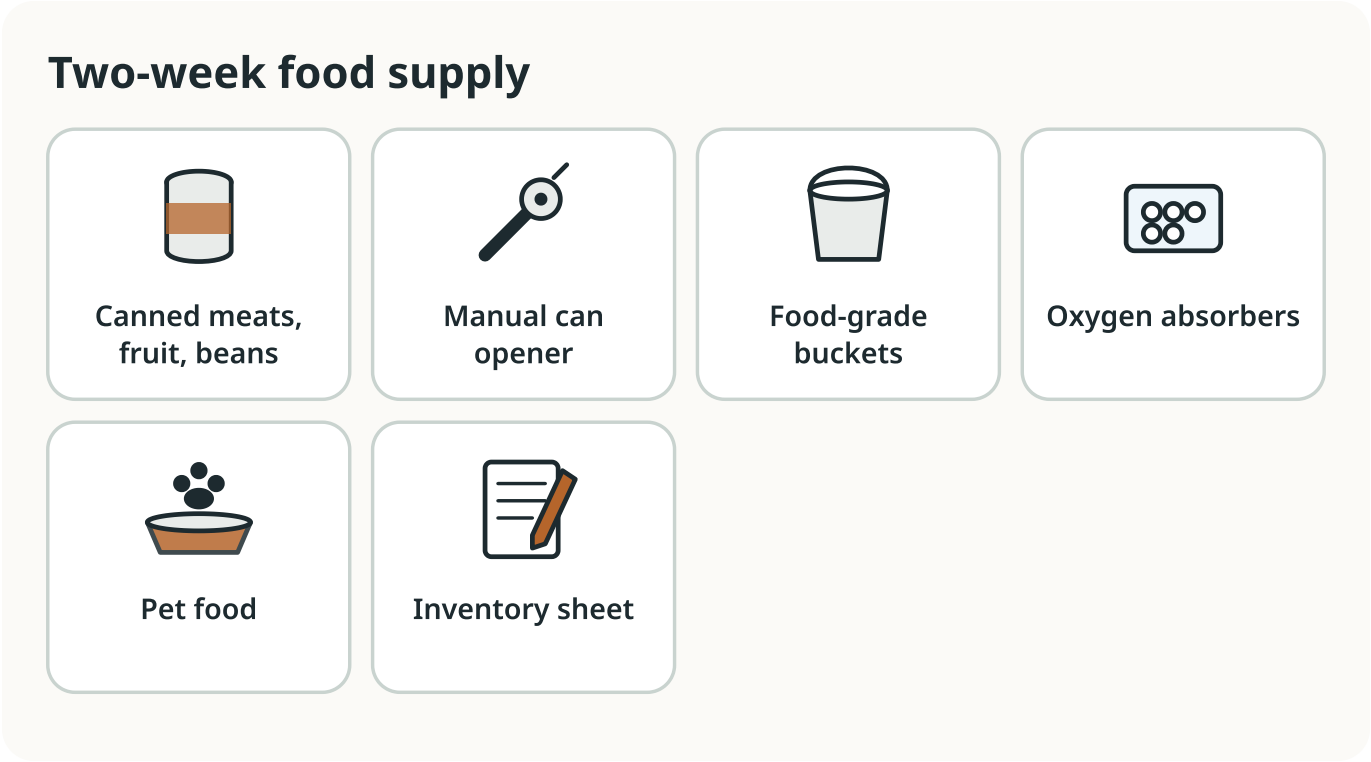
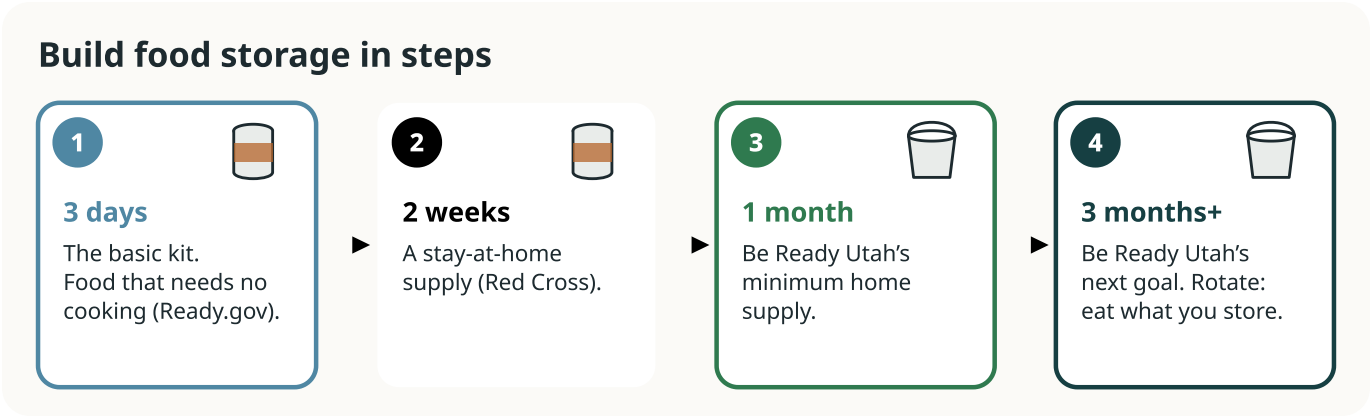


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.



Targets from Ready.gov, the American Red Cross and Be Ready Utah. Build gradually and don't go into debt.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Ready-to-eat canned meats, fruits, vegetables, beans**	Enough for 2 weeks for your household†	Ready.gov suggests foods that need no refrigeration, preparation, or cooking.[2]
☐	**Protein or fruit bars, dry cereal, peanut butter, dried fruit, nuts, crackers**	As above†	From Ready.gov's food list.[2]
☐	**Manual can opener**	1	Ready.gov basic list.[3]
☐	**Food-grade buckets or #10 cans (for longer storage)**	As needed	Be Ready Utah names food-grade buckets and #10 cans.[1]
☐	**Oxygen absorbers**	Be Ready Utah: one 300cc packet per gallon container	For dry foods in sealed containers.[1] Only for dry foods with 10% moisture or less.[1]
☐	**Pet food**	Several days or more	Be Ready Utah: plenty of pet food.[1]
☐	**Inventory sheet and marker**	1	Date everything and use oldest first.

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**Can rotation rack**	1	Makes first-in, first-out automatic.
☐	**Camp stove (outdoor use only)**	1	For cooking outside during an outage. Keep it at least 20 feet from windows.[4]

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[5] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 (Free: gather from home)

- An inventory of what is already in the pantry
- Manual can opener if you have one

$50

- A few extra cans and dry goods each shop
- Manual can opener

$150

- A full week of shelf-stable food you eat
- Storage bins with lids

$500

- Two weeks of food for everyone, rotated
- Outdoor camp stove and fuel

Sources

1. Utah DEM / Be Ready Utah: Food (12 Areas)
2. FEMA / Ready.gov: Food
3. FEMA / Ready.gov: Build A Kit
4. FEMA / Ready.gov: Power Outages
5. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/two-week-food-supply-kit/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Shelter-in-place room kit

A bag in your chosen room so sealing it takes minutes, not an hour.

Stay-Go Guide · Shelter-in-place room kit · Checked: _____

What to do

1. **Pick the room now.** Ready.gov says an interior room with few windows.[1] For a chemical release, Ready.gov says an above-ground room with as few openings as possible.[2] For radiation, CDC says the basement or middle of the building.[3] Different hazards, different rooms: follow officials.
2. **Cut the plastic ahead of time.** Ready.gov: measure and cut sheeting in advance, several inches wider than each opening, and label each sheet.[1]
3. **Store the kit in or near that room.**
4. **When told to shelter in place:** lock doors, close windows, vents, and fireplace dampers, and turn off fans, air conditioning, and forced-air heat.[1]
5. **Seal the room** if officials advise it: tape the plastic at the corners first, then all edges.[1] Listen to the radio for instructions.[4]

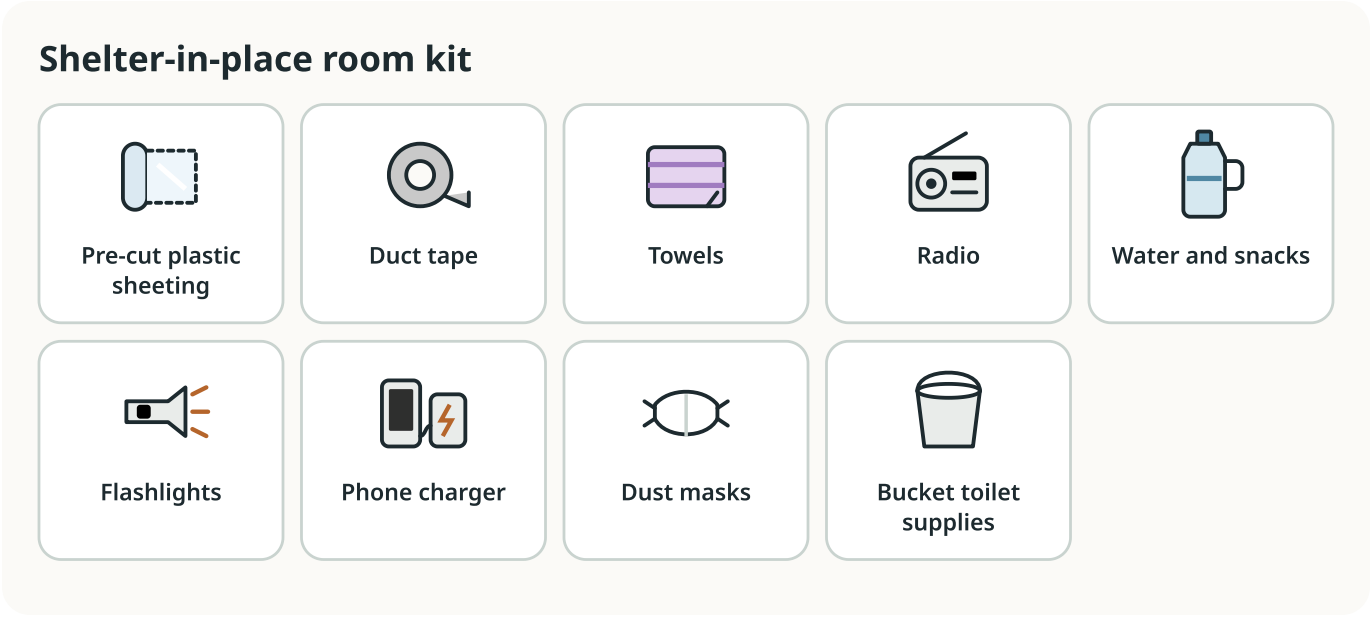
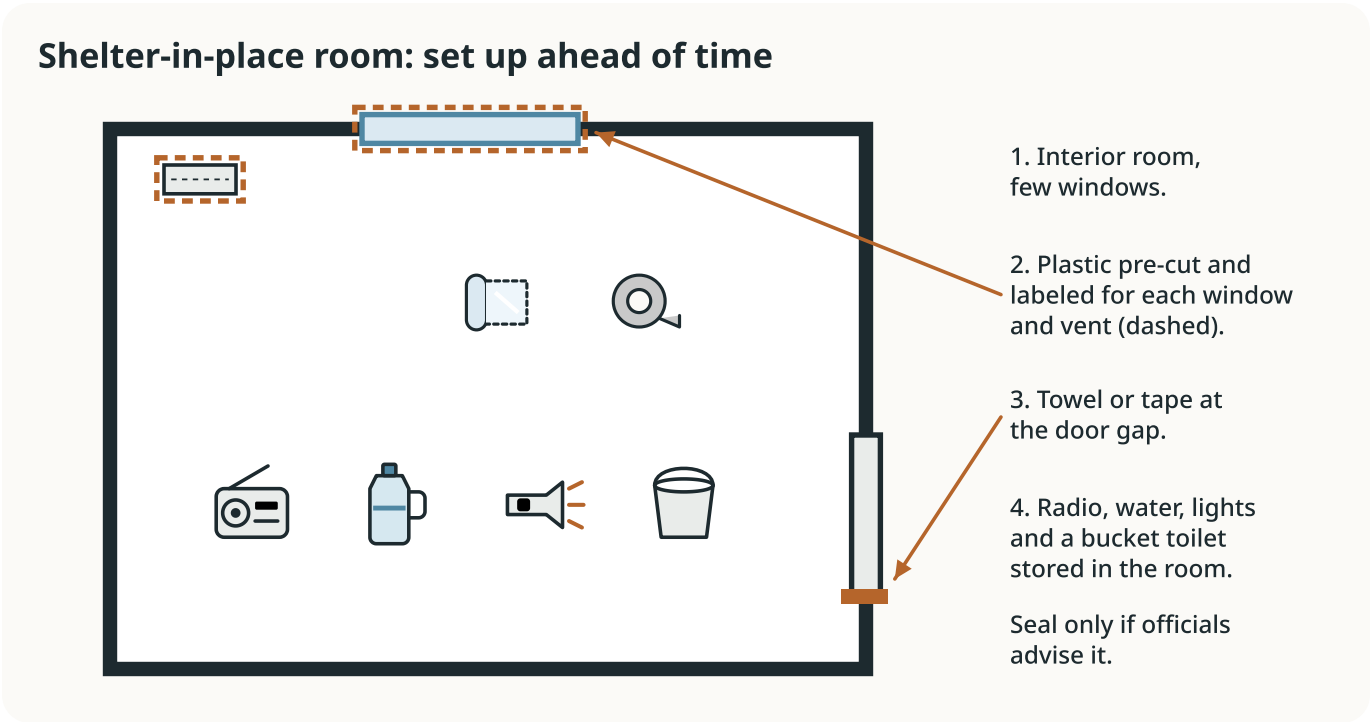


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.



Room setup from Ready.gov shelter guidance: interior room, plastic measured and cut ahead, tape corners first, and seal only when officials advise it.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Plastic sheeting (pre-cut and labeled)**	Enough for each window, door, and vent in the room	Ready.gov basic kit and shelter guidance.[5]
☐	**Duct tape**	2 rolls or more†	For sealing.[1]
☐	**Scissors**	1	Ready.gov basic kit.[5]
☐	**Towels**	Several	Ready.gov: seal gaps with wet towels, plastic, tape, wax paper, or foil.[2]
☐	**Battery or hand-crank radio**	1	To stay tuned.[6]
☐	**Water and snacks**	At least 1 day	CDC says staying inside for at least 24 hours can protect you in a radiation emergency.[7]
☐	**Flashlight and batteries**	1 per person	Ready.gov.[8]
☐	**Phone charger or power bank**	1	Ready.gov basic kit.[5]
☐	**Dust masks**	1 per person	Ready.gov basic kit.[5]
☐	**Bucket toilet supplies**	1 set	If you may be inside for a while. See the toilet kit.

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[9] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 **(Free: gather from home)**

- Choose a room
- Gather tape, towels, and plastic you own
- Water and snacks in the room

$50

- Plastic sheeting and duct tape

$150

- Battery radio
- Extra water and snacks for the room

Sources

1. FEMA / Ready.gov: Shelter
2. FEMA / Ready.gov: Chemical Emergencies
3. CDC: What to Do: Get Inside
4. American Red Cross: Chemical Emergency
5. FEMA / Ready.gov: Build A Kit
6. CDC: What to Do: Stay Tuned
7. CDC: What to Do: Stay Inside
8. FEMA / Ready.gov: Power Outages
9. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

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First aid kits for home, car, and hiking: the Red Cross supply list

The Red Cross supply list for a family of four, with exact quantities.

> **Supplies only, no treatment advice.** This page lists what goes in a kit, from the Red Cross. How to use it to treat injuries is waiting for qualified review, so we point to training instead. Take a Red Cross first aid class. Bleeding-control, wound-closure, and prescription-medication content is not published.

Stay-Go Guide · First aid kits for home, car, and hiking: the Red Cross supply list · Checked: _____

What to do

1. **Keep three kits:** one at home, one in each car, and a small one you carry. The Red Cross says to keep a kit in your home and car and to carry one with you or know where to find one.[1] Some kits are made for activities like hiking or camping.[1]
2. **Buy a kit or make one** from the Red Cross list below.[1]
3. **Add personal items** such as your medications and emergency phone numbers, or items your health care provider suggests.[1] For an emergency supply of prescriptions, talk to your doctor or pharmacist.
4. **Check it regularly.** Check expiration dates and replace used or out-of-date items.[1]
5. **Get trained.** A kit is only as good as the person using it.

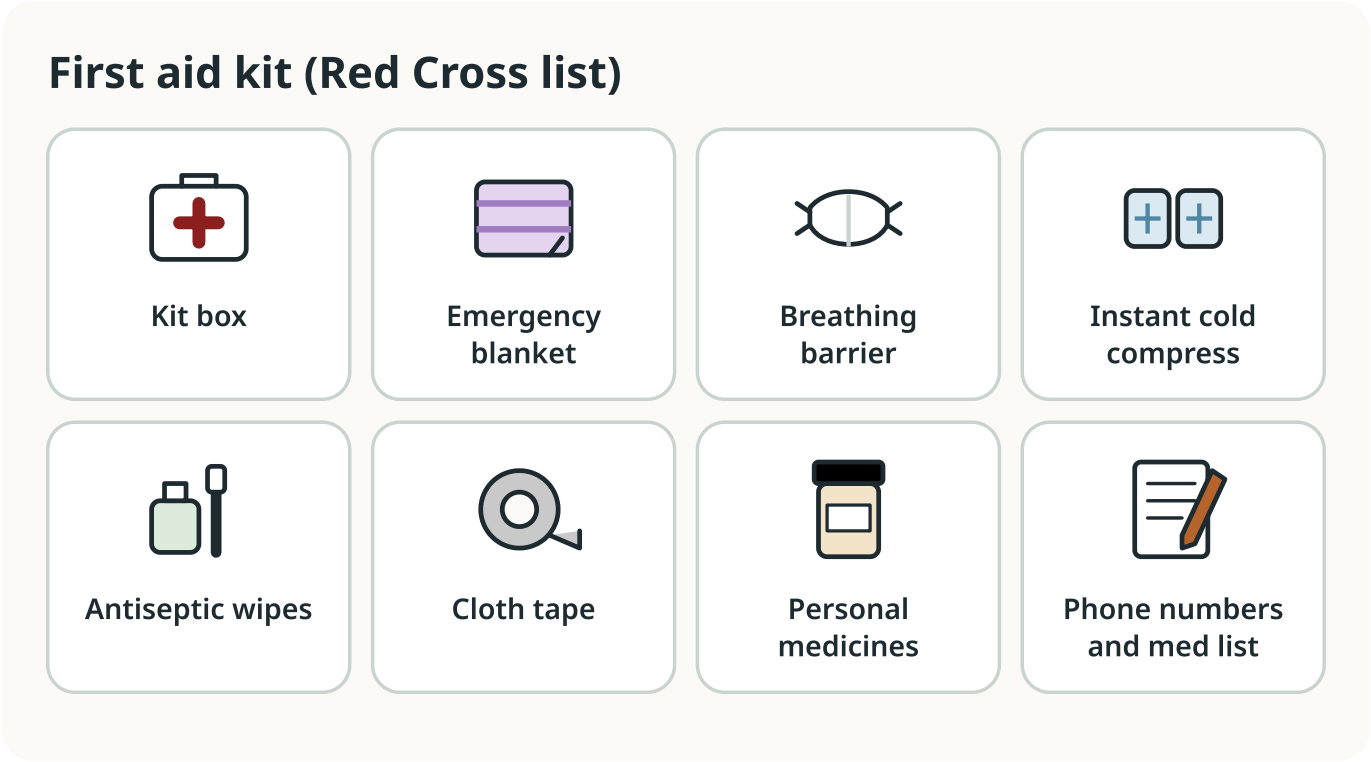


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Absorbent compress dressings (5 × 9 in)**	2[1]	Red Cross list.
☐	**Adhesive bandages, assorted sizes**	25[1]	Red Cross list.
☐	**Adhesive cloth tape (10 yd × 1 in)**	1[1]	Red Cross list.
☐	**Antibiotic ointment packets (about 1 g)**	5[1]	Red Cross list.
☐	**Antiseptic wipe packets**	5[1]	Red Cross list.

	Item	How many	Why
☐	**Aspirin packets (81 mg each)**	2[1]	On the Red Cross list. We give no guidance on when to use any medicine; ask a doctor.
☐	**Emergency blanket**	1[1]	Red Cross list.
☐	**Breathing barrier with one-way valve**	1[1]	Red Cross list. Learn to use it in a CPR class.
☐	**Instant cold compress**	1[1]	Red Cross list.
☐	**Non-latex gloves, size large**	2 pairs[1]	Red Cross list.
☐	**Hydrocortisone ointment packets (about 1 g)**	2[1]	Red Cross list.
☐	**Gauze roller bandage, 3 in**	1[1]	Red Cross list.
☐	**Roller bandage, 4 in wide**	1[1]	Red Cross list.
☐	**Sterile gauze pads, 3 × 3 in**	5[1]	Red Cross list.
☐	**Sterile gauze pads, 4 × 4 in**	5[1]	Red Cross list.
☐	**Oral thermometer (non-mercury, non-glass)**	1[1]	Red Cross list.
☐	**Triangular bandages**	2[1]	Red Cross list.
☐	**Tweezers**	1[1]	Red Cross list.
☐	**First aid instruction booklet**	1[1]	Red Cross list.

Car and hiking kits

Use the same list, sized down for a hiking pack. Be Ready Utah's everyday-carry list includes a pocket first aid kit with adhesive bandages, non-latex gloves, alcohol pads, and a rescue breathing barrier, plus personal medications and medical and allergy information.[2]

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[3] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 (Free: gather from home)

- Gather bandages and supplies you already own into one box

$50

- Basic supplies from the Red Cross list

$150

- A home kit and a car kit
- A first-aid class (often free or discounted)

Sources

1. American Red Cross: Anatomy of a First Aid Kit
2. Utah DEM / Be Ready Utah: Get a Kit: Family
3. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

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Emergency toilet and hygiene kit

For when the toilet won’t flush. Disease is the second emergency after a disaster.[1]

Stay-Go Guide · Emergency toilet and hygiene kit · Checked: _____

What to do

1. **Build Be Ready Utah’s two-bucket toilet:** one bucket for urine, one double-bagged with kitty litter for solids.[1] Full steps: two-bucket system.
2. **Protect your plumbing first.** After an earthquake, shut off the main water and don’t flush until you know the sewer pipes are safe.[1]
3. **Set up handwashing next to the toilet** with water, soap, paper towels, and sanitizer.[1]
4. **Store sealed bags** outdoors in a lidded can no larger than 30 gallons, lid strapped down.[1]

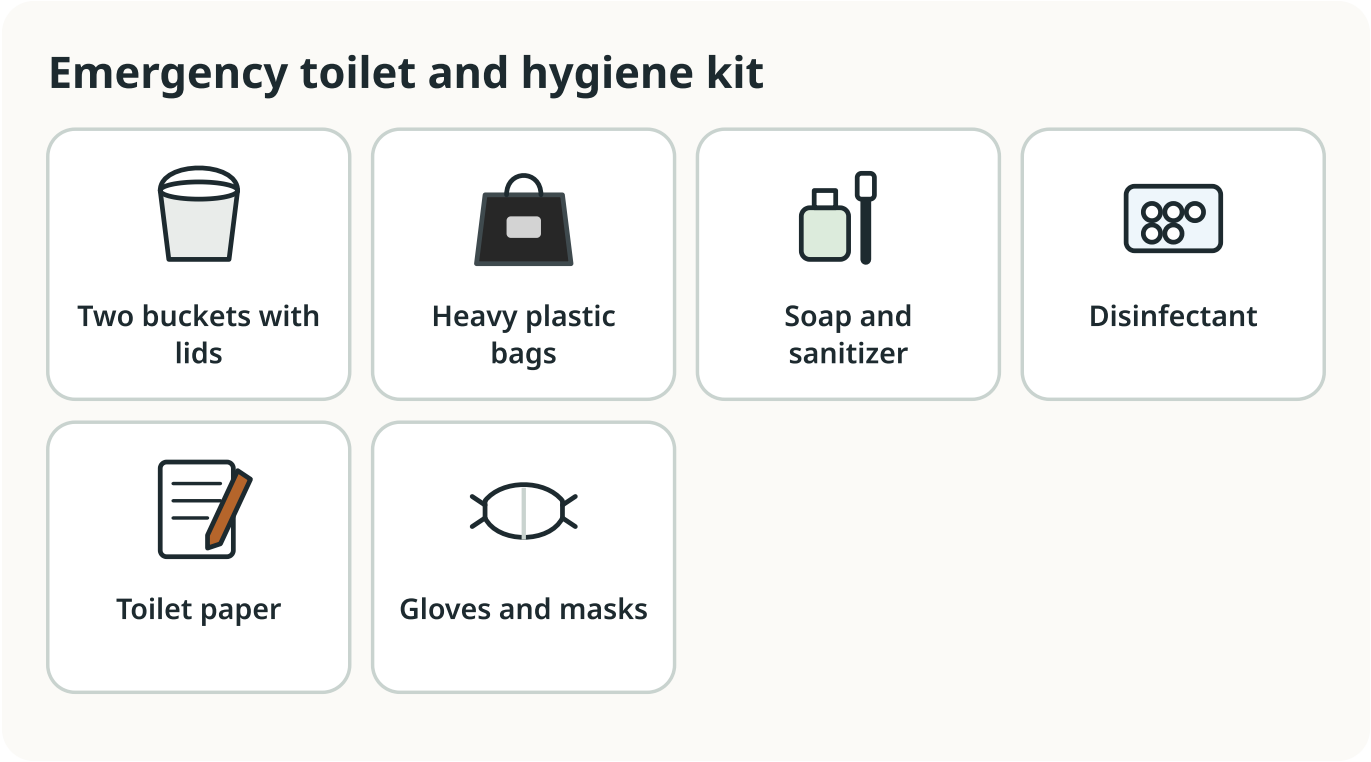


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Sturdy buckets**	2	Be Ready Utah two-bucket system. [1]
☐	**Toilet seat that fits a bucket**	1–2	Sold at hardware and preparedness stores.[1]
☐	**Heavy-duty plastic bags**	A box†	Line the solids bucket with two.[1]
☐	**Kitty litter and a scoop**	A large bag†	About two cups after each use.[1]
☐	**Gloves, eye protection, and a mask**	1 set per person handling waste	Wear them to tie off bags.[1]
☐	**Toilet paper, soap, hand sanitizer (60%+ alcohol),**	Several weeks†	CDC: sanitizer with at least 60% alcohol when soap and water

	Item	How many	Why
	paper towels		aren't available.[2]
☐	**Large water jug for a handwashing station**	1	CDC: a temporary handwashing station using a large water jug.[2]
☐	**Garbage can with tight lid (30 gal max)**	1	For short-term storage outside.[1]
☐	**Moist towelettes, garbage bags, plastic ties**	1 pack each	Ready.gov basic kit.[3]

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**Commercial sanitation bags**	A pack	Be Ready Utah notes these are easy to keep in go-bags and cars.[1]

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[4] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 (Free: gather from home)

- Buckets you own
- Garbage bags
- Soap, wipes, toilet paper on hand

$50

- Lidded buckets
- Heavy-duty bags
- Cat litter or sawdust
- Hand sanitizer

$150

- A month of toilet paper and hygiene items
- Disposable gloves

$500

- Portable toilet seat and larger supplies for a long outage

Sources

1. Utah DEM / Be Ready Utah: Hygiene & Sanitation (12 Areas)
2. CDC: Guidelines for Personal Hygiene During an Emergency
3. FEMA / Ready.gov: Build A Kit
4. FEMA / Ready.gov: Low and No Cost Preparedness

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Home fire safety kit: alarms, extinguisher, and escape plan

The most likely emergency in most homes is a fire. This is the gear and the plan.

Stay-Go Guide · Home fire safety kit: alarms, extinguisher, and escape plan · Checked: _____

What to do

1. **Put smoke alarms in every bedroom, outside each sleeping area, and on every level, including the basement.**[1] USFA recommends dual-sensor alarms, or both ionization and photoelectric types, and interconnected alarms so one sounds them all.[1]
2. **Test alarms.** USFA says monthly.[1] Ready.gov's escape-plan page says twice a year.[2] Monthly meets both. Replace the whole alarm every 10 years.[1]
3. **Add CO alarms** with battery backup on every level.[3]
4. **Choose an extinguisher.** USFA says multipurpose "A-B-C" extinguishers cover most home fires; look for the UL label and choose the largest one you can comfortably operate.[4] Young children and older adults should not use extinguishers.[4]
5. **Make and practice an escape plan.** Two ways out of every room, a meeting place outside, and a drill at least twice a year. Practice getting out in under 2 minutes.[2] An upper-floor room may need an escape ladder.[2]

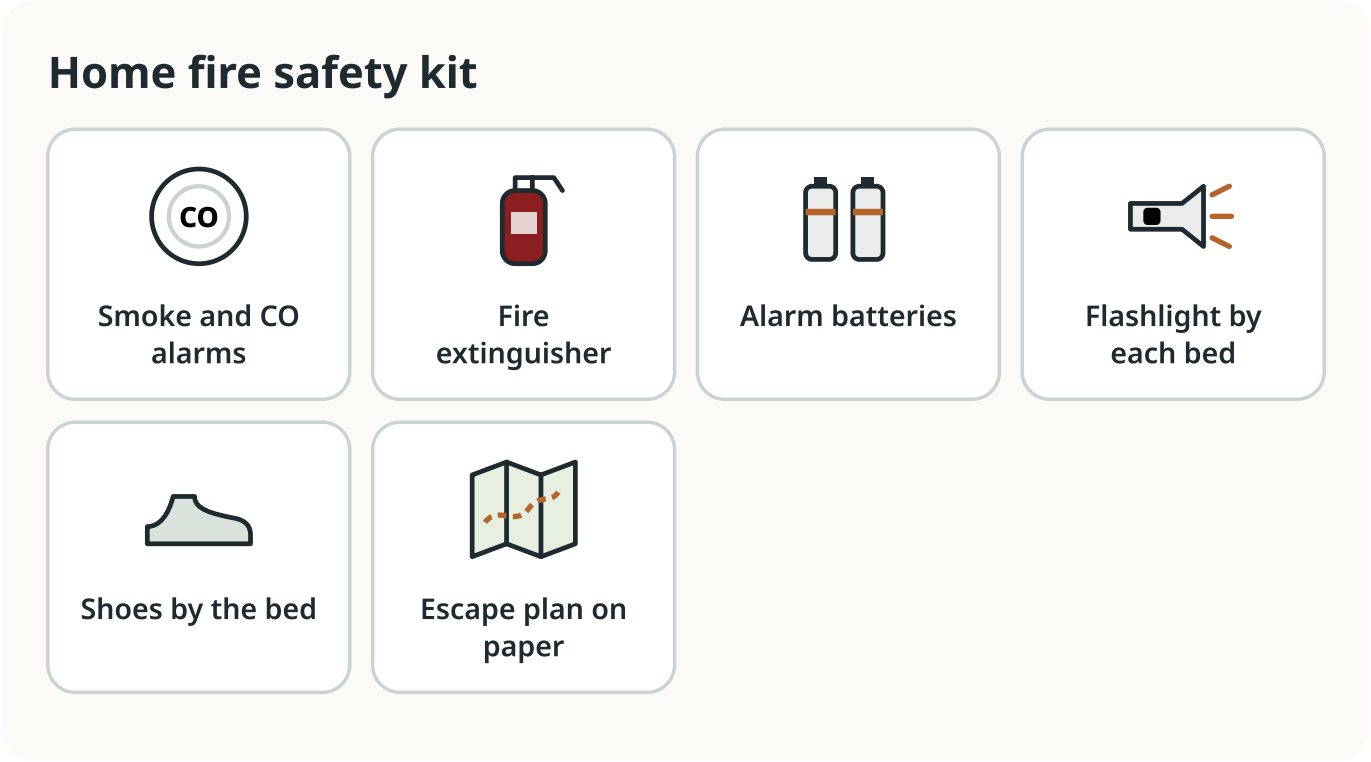
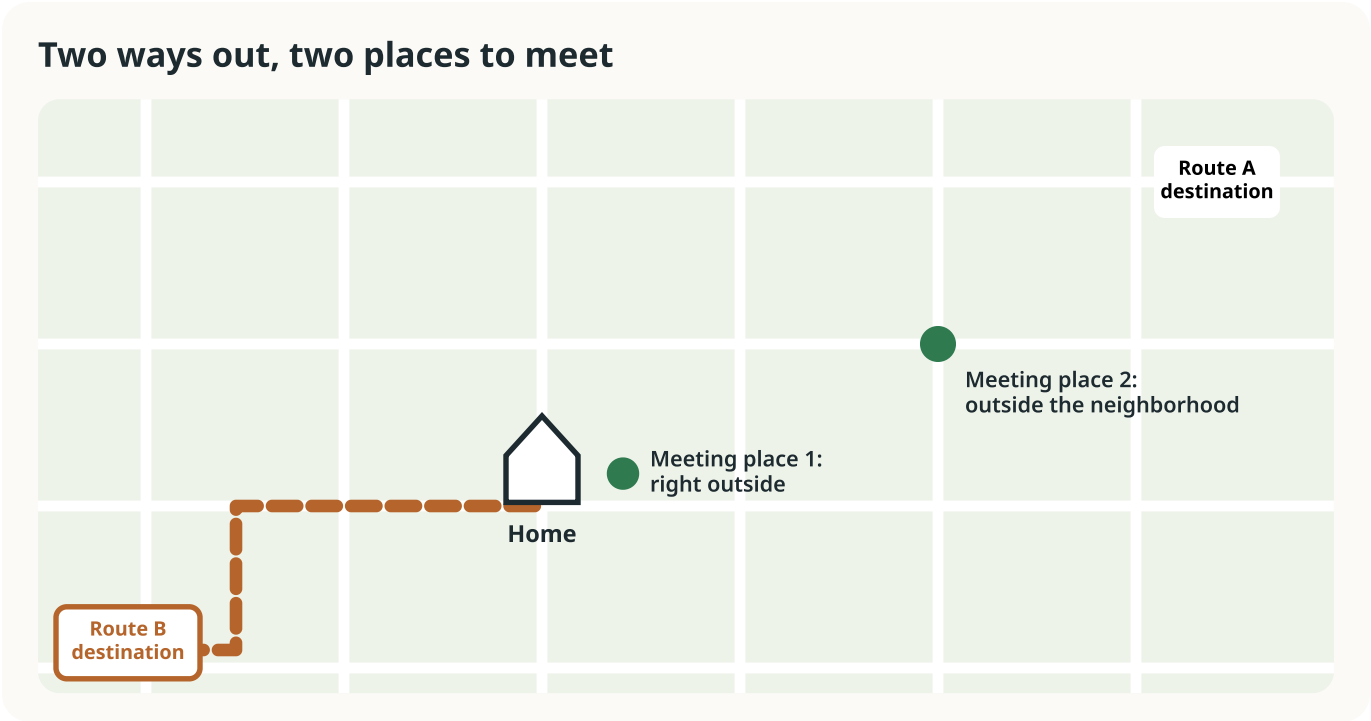


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.



Plan at least two routes in different directions and two meeting places, as Be Ready Utah and the Red Cross advise. Drawing is a concept, not a real map.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Smoke alarms (dual-sensor, interconnected)**	Every bedroom, outside each sleeping area, every level	USFA.[1]
☐	**CO alarms with battery backup**	1 per level	Ready.gov.[3]
☐	**Multipurpose A-B-C fire extinguisher, UL listed**	1 or more†	USFA.[4]
☐	**Escape ladder for second-floor bedrooms**	1 per bedroom above the ground floor†	Ready.gov escape plan.[2]
☐	**Flashlight by each bed**	1 per person	Be Ready Utah: flashlights near beds.[5]
☐	**Spare alarm batteries (if not sealed 10-year)**	1 set per alarm†	Keep alarms working.

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**Fire blanket for the kitchen**	1	An extra tool for small pan fires. Learn how before you need it.
☐	**Strobe or vibrating alarm for anyone with hearing loss**	As needed	USFA notes alarms with strobes or vibration exist for people with hearing loss.[1]

Some fire departments offer free or reduced-price smoke alarms. Call your local fire department’s non-emergency number.[1]

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[6] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 (Free: gather from home)

- Test existing smoke alarms
- Plan two ways out of every room
- Ask the fire department about free alarms

$50

- Replacement smoke alarm
- Batteries

$150

- A-B-C extinguisher
- CO alarm
- Escape ladder for an upstairs room

$500

- Interconnected alarms throughout the home

Sources

1. U.S. Fire Administration: Smoke Alarms
2. FEMA / Ready.gov: Home Fire Escape Plan
3. FEMA / Ready.gov: Power Outages
4. U.S. Fire Administration: Fire Extinguishers
5. Utah DEM / Be Ready Utah: Light & Power (12 Areas)
6. FEMA / Ready.gov: Low and No Cost Preparedness

Page checked on 14 Nov 2026 · · ·

About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/home-fire-safety-kit/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Document grab-and-go kit

The papers you'll need to prove who you are, what you own, and to start recovery.

Stay-Go Guide · Document grab-and-go kit · Checked: _____

What to do

1. **Gather and copy your documents.** Be Ready Utah: put originals in a fire- and waterproof safe or safe deposit box, and copies in your kit.[1]
2. **Make secure digital copies** in a secure cloud account[1] and on a password-protected flash drive.[1]
3. **Keep some cash in small bills.** ATMs and credit cards may not work in a disaster.[2] Be Ready Utah's bonus goal is a $1,000 emergency fund in small bills, built a little from each paycheck.[1]
4. **Tell someone.** Make sure more than one person knows where documents are and how to get them.[1]
5. **Update when things change** and review every six months.[1] FEMA's Emergency Financial First Aid Kit has fill-in forms.[2]

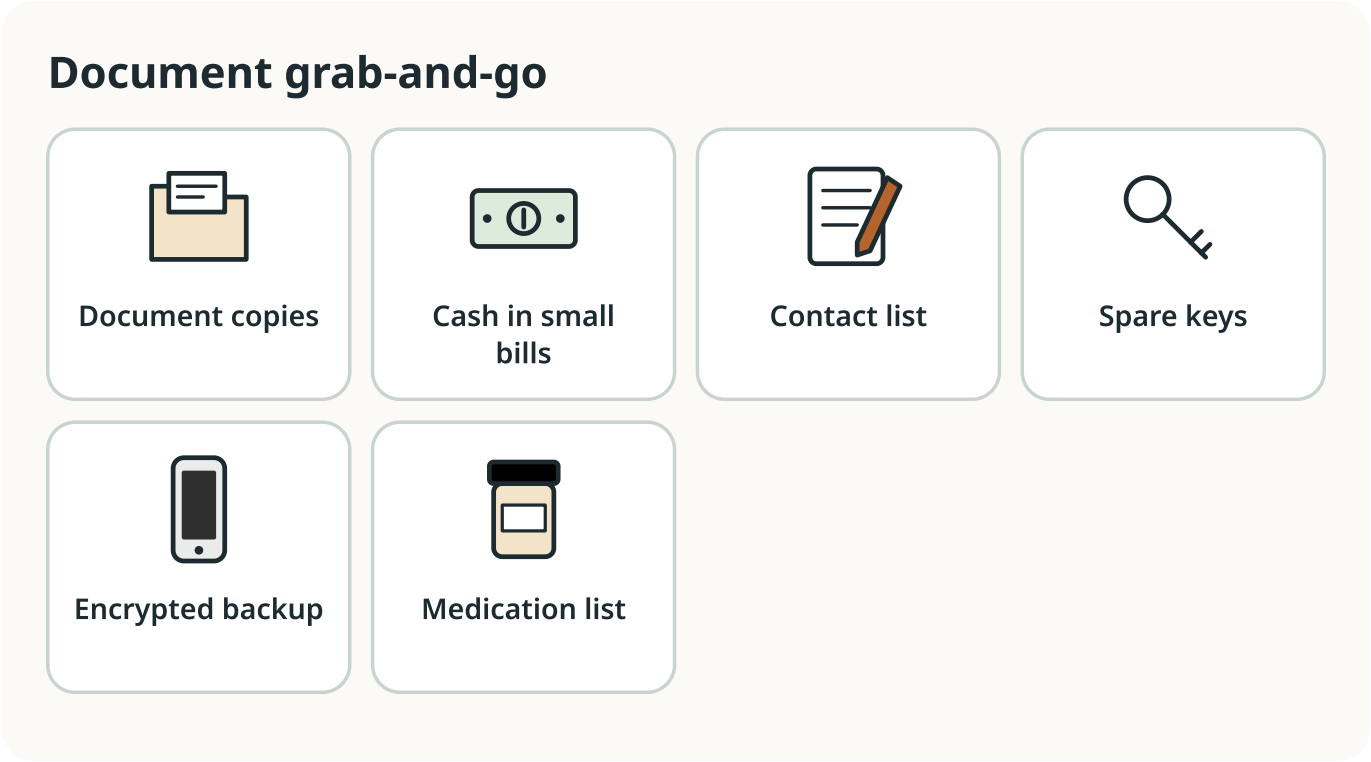


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Copies of ID, passports, birth and marriage certificates**	1 set	Be Ready Utah and Red Cross lists.[1] [3]
☐	**Insurance policies with policy numbers and agent contacts**	1 set	Home, life, auto, medical, flood, earthquake.[1]
☐	**Proof of address; deed or lease**	1 copy	Red Cross list.[3]
☐	**Medication list and medical information**	1 per person	Red Cross list.[3]

	Item	How many	Why
☐	**Vehicle titles and registration copies**	1 set	Be Ready Utah.[1]
☐	**Wills and powers of attorney (copies)**	1 set	Be Ready Utah.[1]
☐	**Account list: banks, cards, contacts**	1	Be Ready Utah: account numbers and institution contacts.[1] Keep it secure.
☐	**Pet records**	1 set per pet	Ready.gov: copies of pet registration in a waterproof container.[4]
☐	**Cash in small bills**	Some; see step 3	Ready.gov.[2]
☐	**Waterproof, portable document container**	1	Ready.gov: electronically or in a waterproof, portable container.[5]
☐	**Fire- and waterproof safe (for originals)**	1	Be Ready Utah.[1]
☐	**Password-protected flash drive**	1	Be Ready Utah.[1]
☐	**Home inventory photos or video**	1 set, stored off-site	Be Ready Utah: videos or pictures of your house and belongings help insurance claims.[1]

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[6] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 **(Free: gather from home)**

- Phone photos of IDs and insurance cards
- A folder you own
- Resealable bags

$50

- Waterproof document pouch
- Encrypted USB drive

Sources

1. Utah DEM / Be Ready Utah: Important Documents & Money (12 Areas)
2. FEMA / Ready.gov: Financial Preparedness
3. American Red Cross: Survival Kit Supplies
4. FEMA / Ready.gov: Pets and Animals
5. FEMA / Ready.gov: Build A Kit
6. FEMA / Ready.gov: Low and No Cost Preparedness

Page checked on 14 Nov 2026 · · ·

About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/document-grab-and-go/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Pet go-kit: what to pack for your dog or cat

If you have to leave, your pets leave with you. This is their bag.

Stay-Go Guide · Pet go-kit: what to pack for your dog or cat · Checked: _____

What to do

1. **Make two kits:** Ready.gov suggests a larger one for sheltering in place and a lightweight one for evacuating.[1]
2. **Get your pet used to the carrier.** Leave it out, feed treats near it, and add a familiar blanket.[1]
3. **Plan where pets can go.** Many public shelters and hotels don't allow pets inside.[1] The Red Cross says to find pet-friendly hotels on your route and ask whether no-pet policies can be waived in an emergency.[2]
4. **Keep ID current.** Collars with up-to-date ID; consider a microchip; keep vaccinations current, since many pet shelters require proof.[2]
5. **Review the kit regularly** so food and medicine stay fresh.[1]

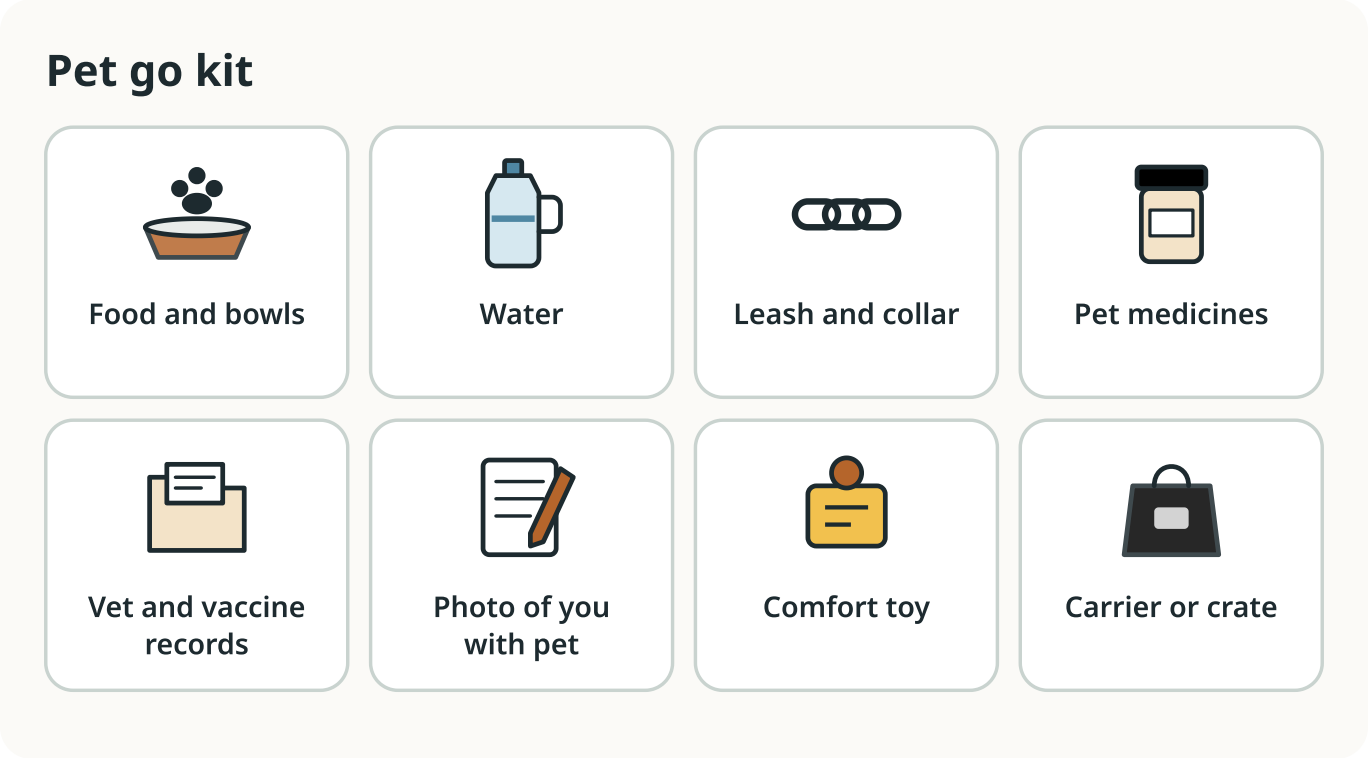


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Pet food in an airtight, waterproof container**	Several days' supply[1]	Ready.gov.
☐	**Water and a water bowl**	Several days' supply[1]	Ready.gov. No agency we checked gives one number per pet, so store extra.
☐	**Pet medications in a waterproof container**	Extra supply	Ready.gov. Ask your vet what's right for your pet.[1]
☐	**Collar with ID tag, harness or leash, plus a backup set**	2 sets	Ready.gov.[1]

	Item	How many	Why
☐	**Sturdy carrier**	1 per pet†	Red Cross: sturdy leashes, harnesses, and/or carriers so pets can't escape.[2]
☐	**Copies of registration, vaccination, and medical records**	1 set	Waterproof container and electronic copies.[1][2]
☐	**Photo of you with your pet**	1	Proves ownership if you're separated.[1]
☐	**Litter and litter box, newspapers, paper towels, trash bags**	1 set	Ready.gov sanitation items.[1]
☐	**Care sheet: feeding, conditions, behavior, vet contact**	1	Red Cross.[2]
☐	**Manual can opener (for canned food)**	1	Red Cross.[2]
☐	**Toys, treats, or bedding**	A favorite	Familiar items reduce stress.[1]

Horses and livestock

Ready.gov: make sure every animal has ID, evacuate early when possible, map primary and secondary routes, and line up trailers and experienced handlers.[1] The Red Cross says waiting until the last minute could be fatal for them and dangerous for you.[2]

Put a pet rescue sticker on your door with the number and types of pets and your vet's number, and write "EVACUATED" across it if you leave with them.[2]

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[3] Tiers add up: each one builds on the one before. Dollar amounts are

rough planning targets, not price quotes; prices vary.

$0 (Free: gather from home)

- Spare leash and collar
- Food and water bowls
- Photo of you with your pet
- Copies of records

$50

- Extra food
- Spare ID tag

$150

- Carrier or crate
- Several days of food and water

$500

- Kits for each pet
- Larger crates or trailer plans for big animals

Sources

1. FEMA / Ready.gov: Pets and Animals
2. American Red Cross: Pet Disaster Preparedness
3. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/pet-go-kit/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Kids and infant emergency kit

Kids need their own kit. Babies need theirs updated every few months.

Stay-Go Guide · Kids and infant emergency kit · Checked: _____

What to do

1. **Give each child their own kit.** Be Ready Utah says infant and child kits need to be different from adult kits.[1]
2. **Update baby kits often.** For ages 0 to 2, Be Ready Utah says update every 2 to 3 months, and pack clothes one size larger than the child wears now.[1]
3. **Plan for school.** Know your school or daycare's emergency plan and who can pick your child up. Ready.gov's plan steps include school and daycare.[2]
4. **Practice with them.** Show kids the kit and the meeting place. The Red Cross has free kids' preparedness programs and videos.[3]
5. **Help them cope afterward.** See Ready.gov's guidance on helping children cope.

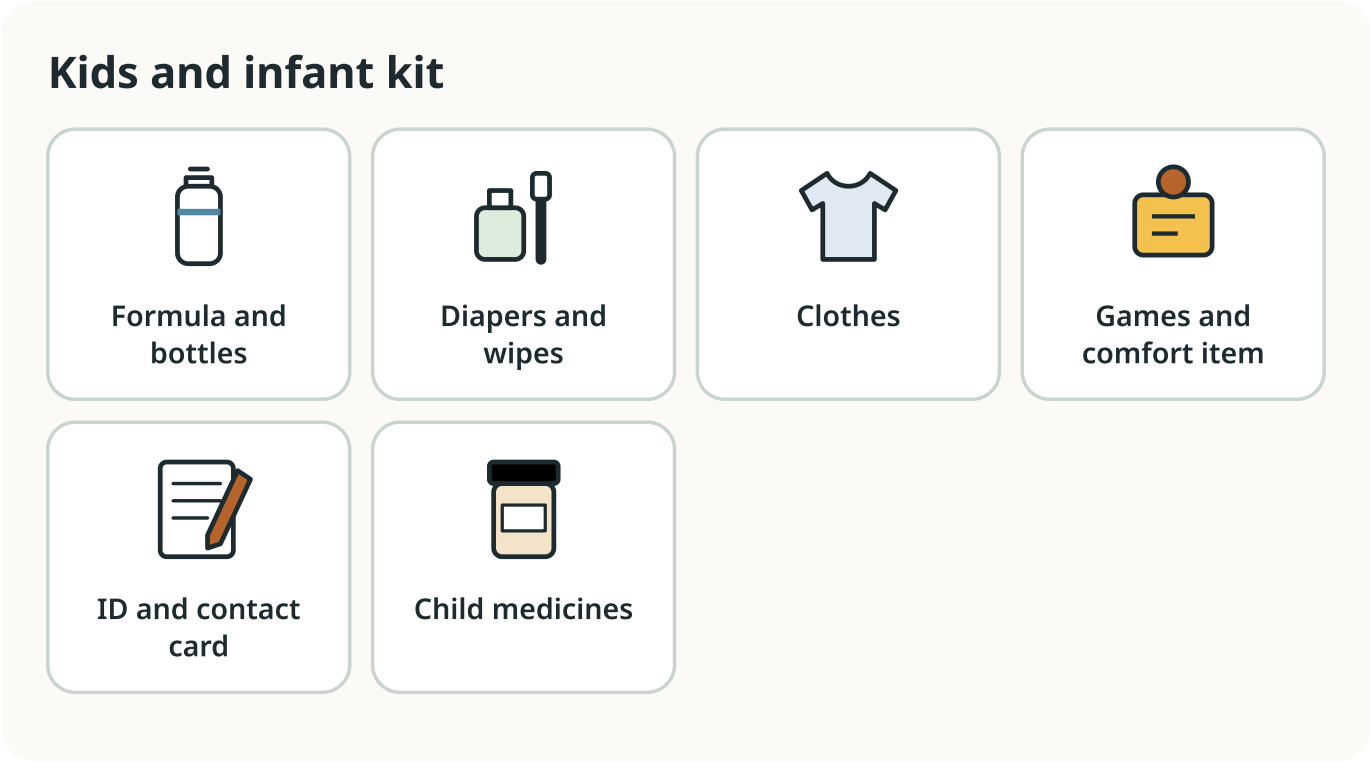


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Infant formula, bottles, baby food**	Several days†	Ready.gov and Red Cross lists.[5][6]
☐	**Diapers, wipes, diaper rash cream**	Several days†	Ready.gov.[5]
☐	**Change of clothes, one size up**	1–2 sets	Be Ready Utah.[1]
☐	**Books, games, puzzles, comfort item**	A few	Ready.gov and Red Cross.[5]
☐	**Contact card with parents' numbers and out-of-area contact**	1 per child	Red Cross: family and emergency contact information.[6]

	Item	How many	Why
☐	**Child's medications and medical info**	Per doctor	Ask your pediatrician about an emergency supply.
☐	**Small backpack**	1 per child†	Be Ready Utah: a separate kit for each family member.[1]
☐	**Water and snacks they will eat**	3 days	Red Cross 3-day evacuation supply.[6]
☐	**Flashlight and whistle**	1 each	Ready.gov basic list.[5]

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[7] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 **(Free: gather from home)**

- Change of clothes one size up
- Comfort toy or book
- Contact card for each child

$50

- Diapers and wipes
- Snacks the kids eat

$150

- Formula or baby food supply (ask your pediatrician)
- Child-sized masks and blanket

$500

- Full kit for each child, updated as they grow

Sources

1. Utah DEM / Be Ready Utah: Get a Kit: Family
2. FEMA / Ready.gov: Make a Plan
3. American Red Cross: Teaching Kids about Emergency Preparedness
4. FEMA / Ready.gov: Helping Children Cope
5. FEMA / Ready.gov: Build A Kit
6. American Red Cross: Survival Kit Supplies
7. FEMA / Ready.gov: Low and No Cost Preparedness

Page checked on 14 Nov 2026 · · ·

About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/kids-and-infant-kit/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Winter vehicle kit: what to carry and what to do if stranded

For mountain passes and snow days. Includes what to do if you get stuck.

Stay-Go Guide · Winter vehicle kit: what to carry and what to do if stranded · Checked: _____

What to do

1. **Start with the car emergency kit** and add the Red Cross winter items for each person. [1]
2. **Before you leave:** charge your phone, travel in daylight with someone if possible, tell someone your route and arrival time, and check the weather along the whole route.[1]
3. **Keep a full tank.** It also keeps the fuel line from freezing.[2] Turn off cruise control on slippery roads.[2]
4. **If stranded, stay with the car.** The Red Cross says don't leave to look for help unless it's visible within 100 yards.[1] Ready.gov also says stay inside.[3]
5. **Run the engine about 10 minutes each hour** for heat, keep the exhaust pipe clear of snow, and open a downwind window slightly.[1] Hang a bright cloth on the antenna and raise the hood after the snow stops.[1]

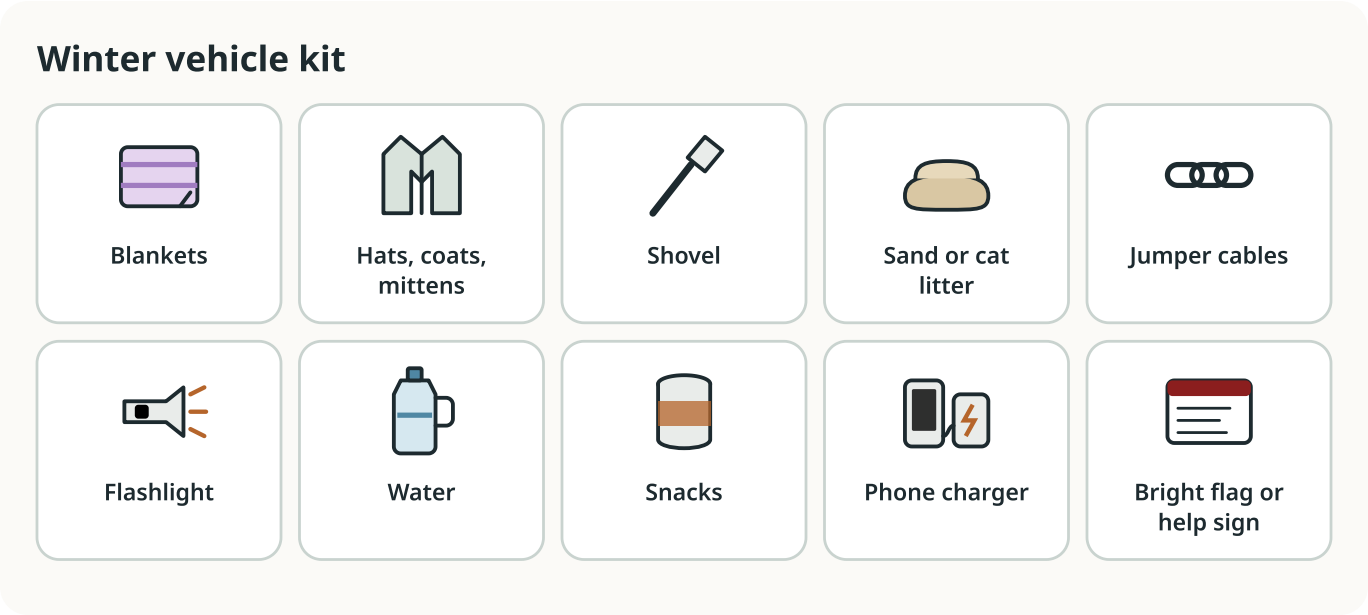


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Blankets or sleeping bag**	1 per person	Red Cross winter driving list.[1]
☐	**Rain gear, dry clothes, mittens, socks, wool hat**	1 set per person	Red Cross.[1]
☐	**Newspapers (insulation)**	A stack	Red Cross.[1]
☐	**Plastic bags (sanitation)**	A few	Red Cross.[1]
☐	**Canned fruit, nuts, high-energy snacks**	Per person	Red Cross.[1]
☐	**Thermos of warm broth and bottled water**	Per person	Red Cross.[1]

	Item	How many	Why
☐	**Ice scraper, sand or cat litter, jumper cables**	1 each	Ready.gov car extras.[2]
☐	**Bright red cloth**	1	Trouble signal for the antenna.[1]
☐	**Snow shovel (compact)**	1†	The Red Cross lists a snow shovel for home; avoid overexertion when shoveling.[1]

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**Traction mats**	1 pair	Help a stuck tire grip. Sand covers the official list.
☐	**Hand warmers**	A box	Small, cheap comfort for a long wait.

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[4] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 (Free: gather from home)

- Blankets, hats, gloves from home
- Bag of sand or cat litter
- Water and snacks

$50

- Ice scraper
- Small shovel

$150

- Jumper cables or jump starter
- Emergency blankets and hand warmers

$500

- Kit in every car
- Traction aids

Sources

1. American Red Cross: Winter Storm Safety
2. FEMA / Ready.gov: Car Safety
3. FEMA / Ready.gov: Winter Weather
4. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/winter-vehicle-kit/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Wildfire evacuation kit

Wildfires move fast. Pack for smoke and for leaving on short notice.

Stay-Go Guide · Wildfire evacuation kit · Checked: _____

What to do

1. **Pack a go-kit and a stay-at-home kit.** The Red Cross says 3 days of supplies you can carry, and 2 weeks if you stay home.[1] Start with a go bag for each person.
2. **Add smoke protection.** Ready.gov says to store an N95 mask if available.[2]
3. **Know your routes.** Have different escape routes from your home and community and practice them.[1] In Washington County, look up your zone with Genasys Protect.[3]
4. **Leave when told, or sooner if you feel in danger.** Ready.gov: evacuate immediately if authorities tell you to.[2] The Red Cross: be ready to leave if authorities advise, or if you feel you are in danger.[1]
5. **If you can’t get out,** call 911 and give your location, knowing response could be delayed. Turn on lights to help rescuers find you.[2]

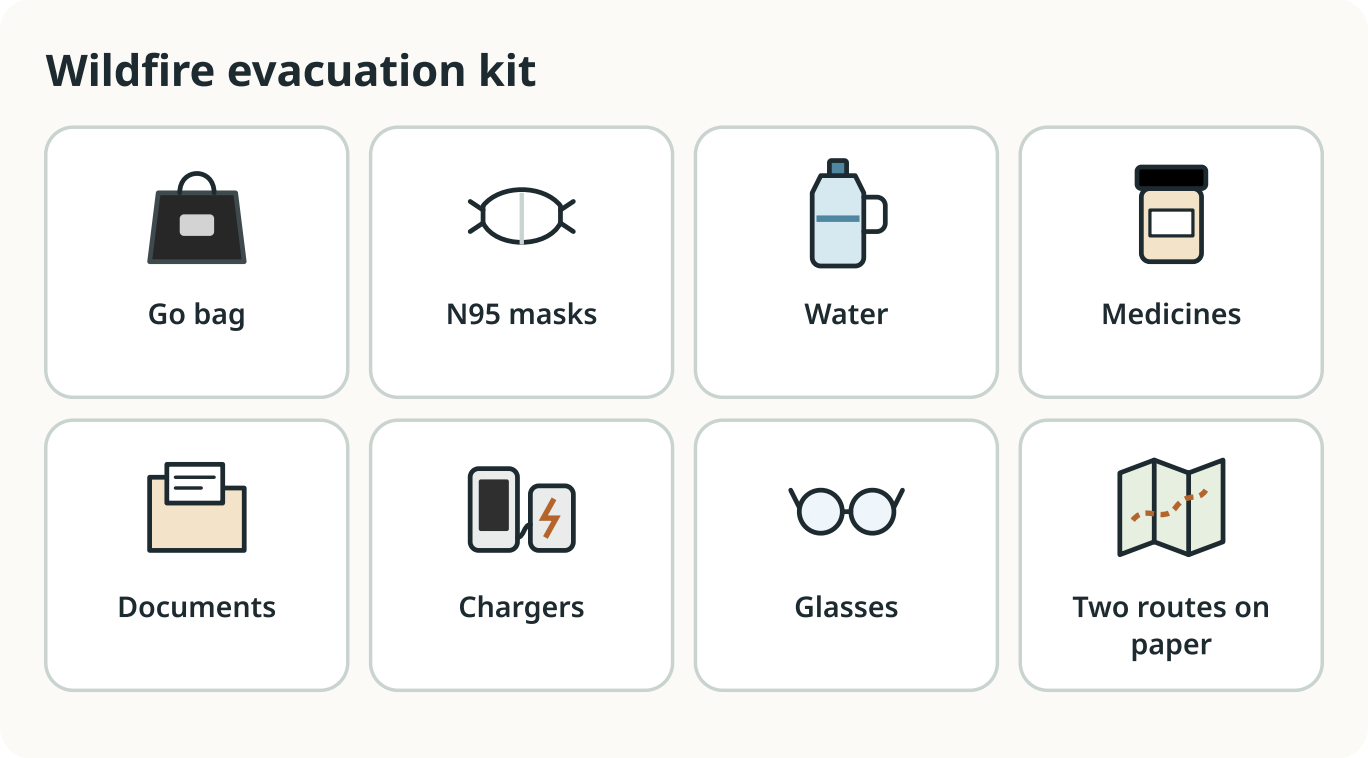
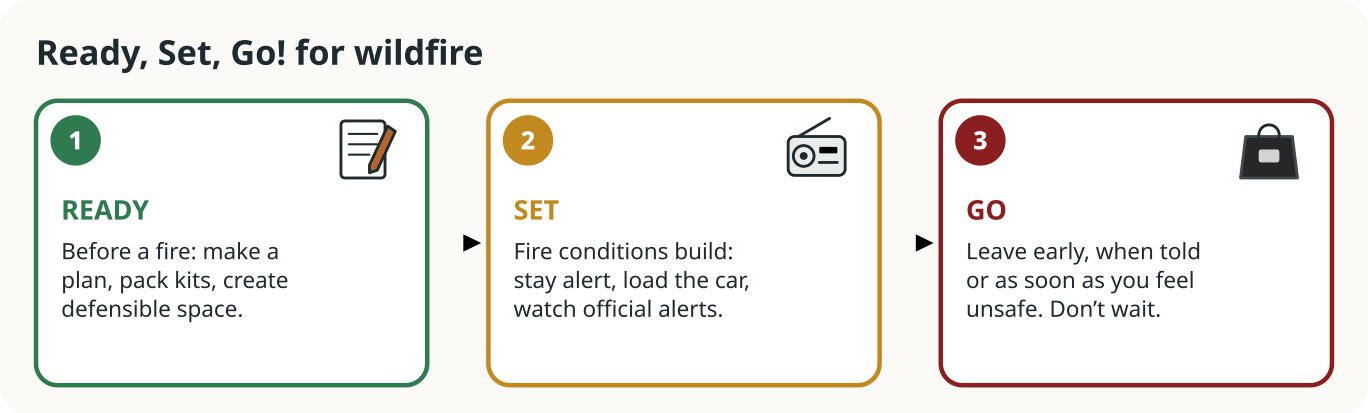


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.



Based on the IAFC Ready, Set, Go! program, Be Ready Utah (do not wait for an alert if you feel unsafe) and Ready.gov. Official evacuation orders always come first.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**N95 masks**	Several per person†	Ready.gov and EPA.[2] [4]
☐	**Medications**	Red Cross: 1-month supply in a child-proof container[1]	Talk to your doctor or pharmacist about an emergency supply.
☐	**Personal, financial, and medical records**	1 set	Red Cross.[1] See the document kit.
☐	**Backup phone battery**	1 per phone	Red Cross.[1]
☐	**Long sleeves, long pants, sturdy shoes, hat**	1 set per person	Ready.gov evacuation clothing.[5]
☐	**Pet go-kit**	Per pet	See the pet go-kit.
☐	**Garden hose long enough to reach around the house**	1	Ready.gov: an outdoor water source with a hose that reaches any area of your property.[2]
☐	**Portable air cleaner for one “clean room”**	1	Ready.gov and EPA: a room closed off from outside air with a portable air cleaner.[2] EPA says make sure it doesn’t produce ozone.[4]
☐	**MERV 13 HVAC filter (if your system takes one)**	1 spare	EPA: MERV 13 or as high as your system allows, fitted snugly.[4]

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**Box fan and furnace filter (DIY air cleaner)**	1 each	EPA describes DIY cleaners made by attaching a furnace filter to a box fan, but says commercial units with a known clean air delivery rate are typically preferred.[4]
☐	**Goggles and work gloves for ash cleanup**	1 each	The Red Cross lists gloves, goggles, and an N95 for ash cleanup.[1]

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[6] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 **(Free: gather from home)**

- Go bag from home items
- Plan two routes out
- Copies of documents

$50

- N95 respirators
- Battery bank

$150

- Fire-resistant document pouch
- Battery radio

$500

- Portable air cleaner for smoke days
- Go bags for everyone

Sources

1. American Red Cross: Wildfire Safety
2. FEMA / Ready.gov: Wildfires
3. Washington County, Utah: Evacuation Zones (Genasys Protect)
4. U.S. EPA: Wildfires and Indoor Air Quality
5. FEMA / Ready.gov: Evacuation
6. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/wildfire-evacuation-kit/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Extreme heat kit for Southern Utah summers

Extreme heat kills more people than any other weather event in the U.S.[2]

Stay-Go Guide · Extreme heat kit for Southern Utah summers · Checked: _____

What to do

1. **Find your cool place now.** Ready.gov: libraries, shopping malls, or a cooling center through your health department.[1] Plan how you'll get there.[2]
2. **Don't rely on a fan.** Ready.gov says fans don't reduce body temperature or prevent heat illness.[1] The Red Cross says a cool shower or an air-conditioned place is much better.[2]
3. **Store water.** The Red Cross says set aside at least 1 gallon per person per day and consider drinks with electrolytes.[2] Ready.gov says needs can double in very hot temperatures.[3]
4. **Never leave people or pets in a closed car.**[1]
5. **Check on others**, especially older adults and neighbors.[1] If someone may have heat stroke, call 911. Warning signs are on NWS: Heat Illness.

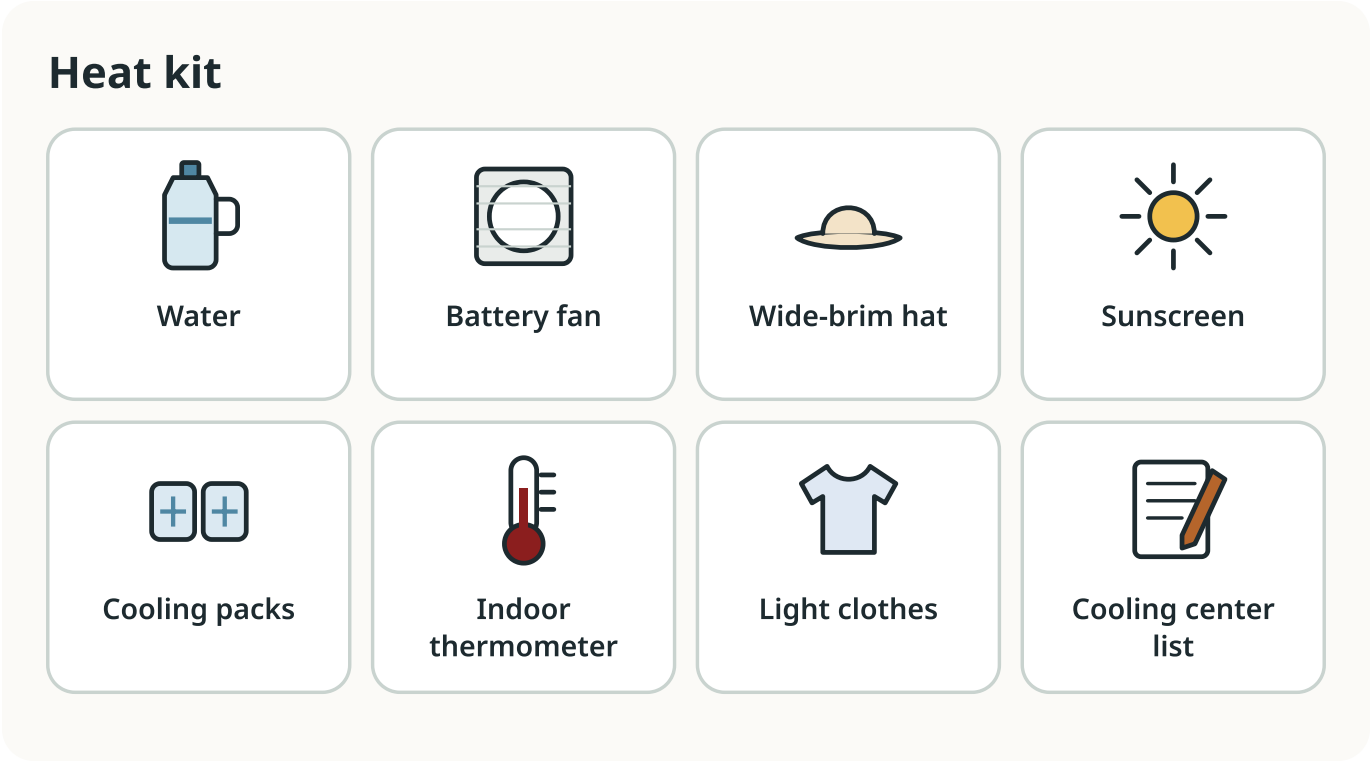


Illustration of a typical kit layout, drawn for this site. Quantities and sources are in the checklist below.
Illustration: Stay-Go Guide, original drawing.

The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Stored water**	At least 1 gallon per person per day[2]	More in very hot weather.
☐	**Electrolyte drinks or sports drinks**	A few days' worth†	Red Cross: if sweating a lot, combine water with snacks or a sports drink.[2]
☐	**Lightweight, loose clothing**	Plenty	Red Cross.[2]
☐	**Wide-brimmed hat**	1 per person	Ready.gov: a hat wide enough to protect your face.[1]
☐	**Window reflectors**	For sun-facing windows	Ready.gov: window reflectors designed to reflect heat outside.[1]

	Item	How many	Why
☐	**Medications and supplies**	Red Cross: 1-month supply[2]	Ask your doctor how heat affects your medicines.
☐	**Backup batteries and chargers**	For phones and medical devices	Red Cross go-kit item.[2]
☐	**Water and shade for pets**	Plenty	Ready.gov: cool water and shade; hot pavement burns paws.[1]

Nice to have (not on the official lists)

Optional extras we think are useful. They are our suggestions, not agency recommendations.

	Item	How many	Why
☐	**Battery or USB fan**	1	For comfort only. It won't prevent heat illness.
☐	**Cooling towels**	2	For comfort on trails and in the yard.

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[5] Tiers add up: each one builds on the one before. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 (Free: gather from home)

- Plan a cool place to go
- Water bottles
- Light clothing

$50

- Battery fan
- Cooling towels

$150

- Power bank for a fan
- Window shades or reflective film

$500

- Power station to run fans during an outage

Sources

1. FEMA / Ready.gov: Extreme Heat
2. American Red Cross: Heat Wave Safety
3. FEMA / Ready.gov: Water
4. NOAA National Weather Service: Heat Illness
5. FEMA / Ready.gov: Low and No Cost Preparedness

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About this PDF

From Stay-Go Guide: https://preparedness.projectsandguides.com/kits/heat-kit/ · Facts checked on 14 Nov 2026 · PDF made 16 Nov 2026. Newest version and more printables: https://preparedness.projectsandguides.com/library/ . Sources are listed above. Educational information only. In an emergency, call 911 and follow local officials.

Radiation emergency: stay-inside supplies

Get inside, stay inside, stay tuned. These are the supplies CDC's steps assume you have.

> **Official guidance only.** This page repeats CDC and Ready.gov instructions and has no shopping links. Take potassium iodide (KI) only if public health or emergency officials tell you to; see the nuclear hub.

Stay-Go Guide · Radiation emergency: stay-inside supplies · Checked: _____

What to do

1. **Get inside** the nearest building right away. Brick or concrete multi-story buildings or basements are best, but any building is safer than outside.[1]
2. **Go to the basement or the middle of the building**, away from walls and roof.[1]
3. **Stay inside for at least 24 hours** unless officials say otherwise.[2]
4. **Stay tuned** by radio, TV, or other technology for updates.[3]
5. **Turn off fans, air conditioners, and forced-air heat** that bring in outside air.[2]

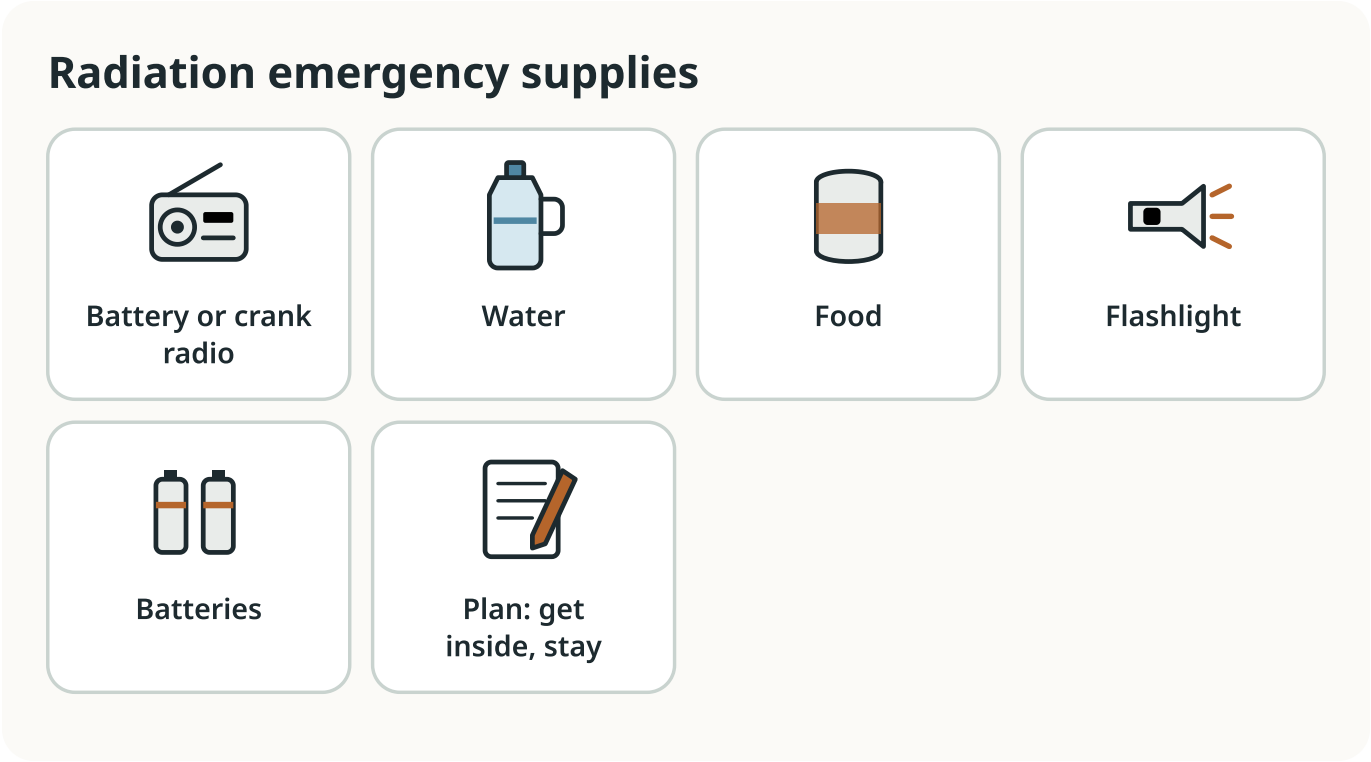


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The checklist

Quantities come from the source cited beside them. † marks our packing suggestion where the official list gives no number.

	Item	How many	Why
☐	**Battery or hand-crank radio (NOAA Weather Radio is best)**	1	CDC calls a NOAA weather radio one of the best ways to stay tuned.[3]
☐	**Extra batteries**	For the radio	CDC.[3]
☐	**Water and food in sealed containers**	At least 24 hours	CDC: sealed food and drinks, or ones already inside, are safe.[2]
☐	**Clean clothes and plastic bags**	1 set per person	CDC: remove your outer layer and wash exposed skin.[1]
☐	**Soap and shampoo**	1 each	CDC: wash body and hair; wash pets with shampoo or soap.[1]

	Item	How many	Why
☐	**Mask, cloth, or towel**	1 per person	CDC: if you must be outside, cover your mouth and nose.[1]
☐	**Pet supplies for 24 hours**	Per pet	CDC: bring pets and their supplies inside.[1]
☐	**Your regular medicines**	Your normal supply	CDC: if your medication was inside, keep taking it.[2]

Build it on a budget

Ready.gov suggests building a kit over time, starting with what you already have, and checking garage sales and thrift stores.[4] This kit is mostly knowledge, not shopping. Dollar amounts are rough planning targets, not price quotes; prices vary.

$0 (Free: gather from home)

- Know where to shelter: the middle of a building or basement
- Have a radio or phone alerts

Sources

1. CDC: What to Do: Get Inside
2. CDC: What to Do: Stay Inside
3. CDC: What to Do: Stay Tuned
4. FEMA / Ready.gov: Low and No Cost Preparedness

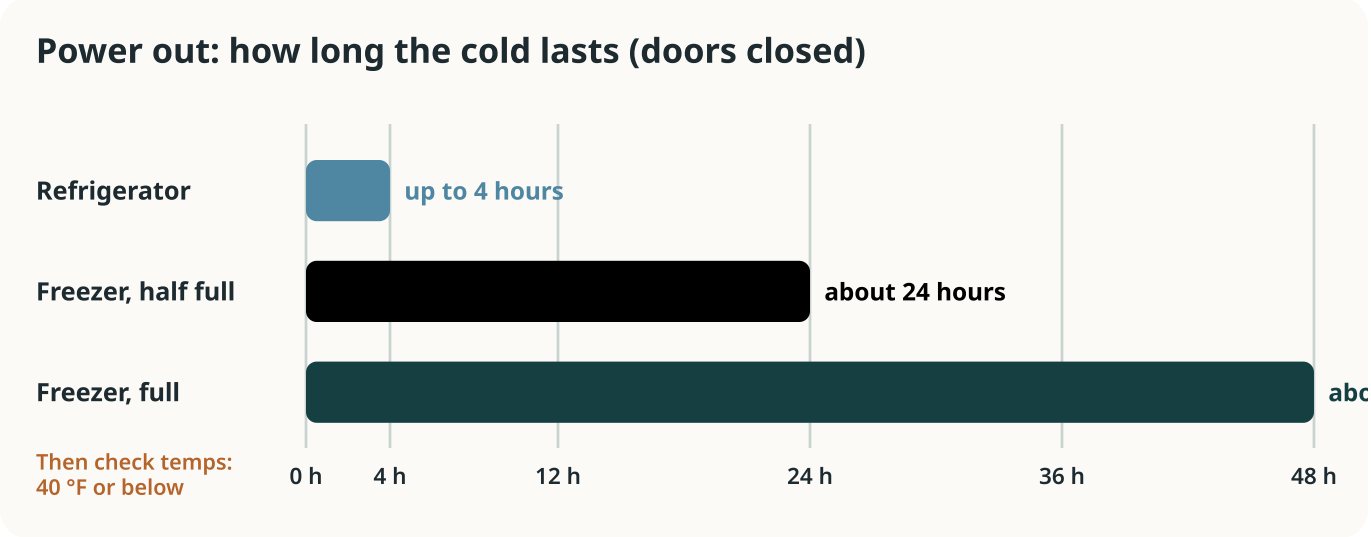
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Power outage checklist: before, during, and after

What to do before, during, and after the lights go out.



Times from USDA FSIS (refrigerator 4 hours; freezer about 48 hours full, 24 hours half full). Keep the doors closed.

Illustration: Stay-Go Guide, original drawing.

Before: get ready

- List everything you rely on that uses electricity. Plan batteries or other power for it, such as a portable charger or power bank.[1] Red Cross also suggests non-power alternatives for lighting, communication, medical devices, refrigerated medicine, cooking, garage doors, locks, and elevators.[2]
- Keep a flashlight for every household member.[1] Store batteries in their original packaging, not inside the devices.[3]
- Talk to your medical provider about a power outage plan for powered medical devices and refrigerated medicines.[1]
- Install CO detectors with battery backup on every level of your home[1], and smoke alarms with battery backup on every floor, inside and outside sleeping areas. Test them monthly.[2]

- Keep at least two weeks of non-perishable food and water (Red Cross), plus coolers and a thermometer.[2]
- Have communication that works without home power: a crank or battery radio, chargers, and batteries.[2] Find out whether your home phone works in an outage, and how long its battery backup lasts.[1]
- Have surge protectors on household electronics.[2]
- Keep your car's gas tank at least half full.[2]
- Add your electric and gas utility phone numbers to your emergency contacts. Learn how to safely shut off your utilities.[3]
- Keep a paper copy of your contact list.[2]

During the outage

1. Grab your flashlight first. Use flashlights, not candles.[3][2]
2. Check your circuit breakers or fuse box. If nothing is tripped, see whether the neighbors' lights are on. If they're out too, report the outage to your power company.[3]
3. Keep the fridge and freezer closed. See food safety in an outage.[1]
4. Unplug appliances and electronics to avoid damage from surges.[1] Be Ready Utah suggests leaving one light switched on so you know when power returns.[3]
5. Never use a gas stove or oven to heat your home.[1] Generators, camp stoves, and charcoal grills go outdoors only, at least 20 feet from windows.[1]
6. Save your phone battery. Text instead of calling, and limit use to emergencies.[3]
7. If it's dangerously hot or cold, go to a community location with power. Check with local officials about heating and cooling centers.[1] Red Cross says to evacuate if your home is too hot or too cold, or if you have medical devices that need power.[2]
8. Check on your support network: let people know you're OK, and ask if they need help.[2]

After: power returns

- Stay at least 35 feet from fallen power lines and anything they touch. Call 911.[2]
- Don't use electrical equipment that may have been underwater. Have a qualified electrical inspector check the system.[2]

- Turn breakers back on one at a time. If lights are dim, flicker, or are excessively bright, turn them off again and call the power company.[3]
- If you turned off the gas, only a qualified professional can turn it back on.[2]
- When in doubt, throw it out: food held at 40°F or higher for two hours or more.[1] If the outage lasted more than a day, discard refrigerated medication unless the label says otherwise, and call your doctor or pharmacist.[1]

Red Cross offers a printable Power Outage Safety Checklist in several languages.

Sources

1. FEMA / Ready.gov: Power Outages
2. American Red Cross: Power Outage Safety
3. Utah DEM / Be Ready Utah: Light & Power (12 Areas)

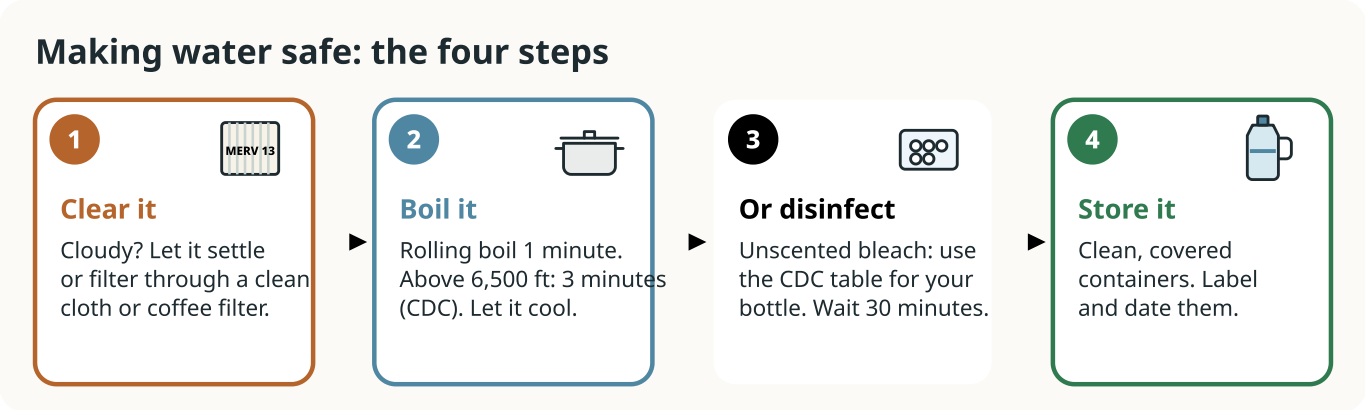
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How to boil water to make it safe

The most reliable way to kill germs in water when you have fuel and a safe place to heat it.



Water treatment steps as published by CDC. Boiling is the most reliable method; bleach does not work as well against some parasites.
Illustration: Stay-Go Guide, original drawing.

> **Safety numbers are quoted, not invented.** Every dose, time, temperature, and ratio on this page is copied from the agency named beside it. Where agencies differ, we show each one with its source instead of picking. If your local health department or officials give different instructions, follow them.

Boiling is the method official sources rank first. CDC calls it the best way to kill germs in water[1], and Ready.gov calls it the safest method of treating water.[2] It kills bacteria, viruses, and protozoa.[3]

What you need

- A pot or kettle, a heat source you can use safely (camp stoves and grills belong outdoors only)
- Clean cloth, paper towels, or coffee filters if the water is cloudy
- Clean containers with tight covers for storing the boiled water

Ready.gov says charcoal grills and camp stoves are for outdoor use only.[4]

Steps

1. **If the water is cloudy, clear it first.** Filter it through a clean cloth, paper towel, or coffee filter, or let it settle and draw off the clear water.[1]
2. **Bring the water to a rolling boil and keep it there.** See the table below for how long. Some water will evaporate.[2]
3. **Let it cool** before drinking. EPA says to let it cool naturally.[3]
4. **Store it** in clean, sanitized containers with tight covers.[1]

How long to boil: the agencies differ at altitude

Boil times, quoted from each agency

Source	Boil time	At higher elevation
CDC[1]	Rolling boil for 1 minute	Above 6,500 feet: 3 minutes
EPA[3]	Rolling boil for at least one minute	Above 5,000 feet (1,000 meters): three minutes
Ready.gov[2]	Rolling boil for one full minute	No altitude adjustment given

If your home sits between 5,000 and 6,500 feet, EPA says 3 minutes and CDC says 1. Boiling for 3 minutes meets both. Southern Utah spans low desert to high mountain country[5], so check your own elevation. NCHFP keeps a list of elevation lookup tools: Find Your Elevation.

Make it taste better

Boiled water tastes flat. To improve it, pour it back and forth between two clean containers and let it stand for a few hours, or add a pinch of salt to each quart or liter.[1][3]

What boiling will not do

- It does not remove heavy metals, salts, or most other chemicals.[3]

- You cannot make water that contains fuel, toxic chemicals, or radioactive material safe by boiling or disinfecting it. Use bottled water or another source and contact your health department.[1]

Out of fuel, or can’t boil? See disinfecting water with bleach and filters, tablets, and other methods.

Sources

1. CDC: How to Make Water Safe in an Emergency
2. FEMA / Ready.gov: Water
3. U.S. EPA: Emergency Disinfection of Drinking Water
4. FEMA / Ready.gov: Food
5. Washington County, Utah: Emergency Management
6. National Center for Home Food Preservation: Find Your Elevation

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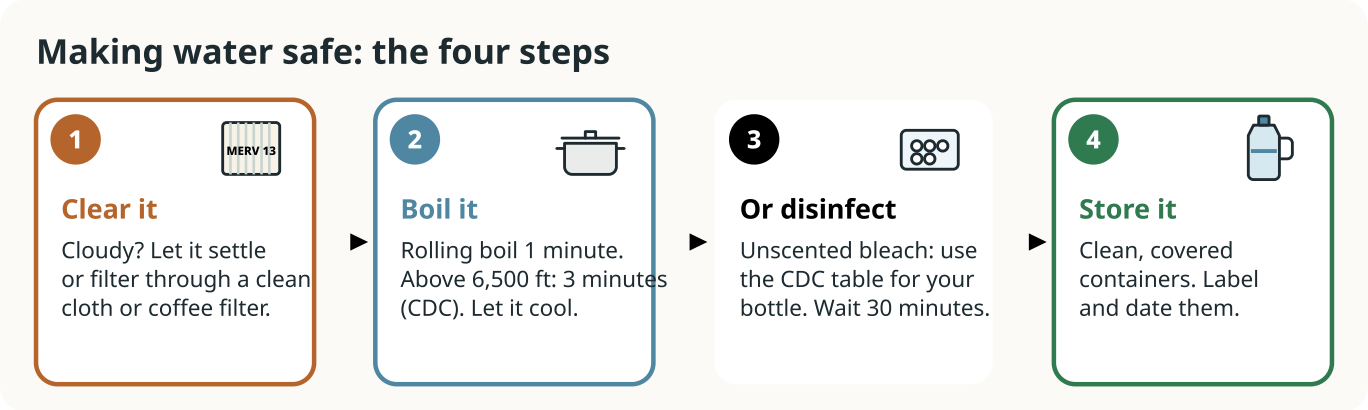
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How to disinfect water with bleach

Bleach amounts by bottle strength, from CDC, EPA, and Ready.gov, quoted exactly.



Water treatment steps as published by CDC. Boiling is the most reliable method; bleach does not work as well against some parasites.
Illustration: Stay-Go Guide, original drawing.

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If you can't boil water, regular unscented household bleach kills most germs. The amount depends on the strength printed on your bottle, so read the label first. Three federal sources publish slightly different instructions. All three are below, exactly as published, so you can match your bottle to a table.

Before you start

- **Use the right bleach.** Regular, unscented chlorine bleach only. Do not use scented, color-safe, or bleaches with added cleaners.[2] [3]
- **Check the strength.** CDC says to follow the label's instructions for disinfecting drinking water if it has them. If not, find the sodium hypochlorite percentage under

"active ingredient." In the United States it is typically between 5% and 9%.[1]

- **Use fresh bleach.** EPA says to use fresh liquid chlorine bleach, or bleach stored at room temperature for less than one year.[2]
- **Clear cloudy water first.** Filter it through a clean cloth, paper towel, or coffee filter, or let it settle.[1]
- **Know the limits.** Disinfectants don't work as well as boiling against some germs, including the parasites *Cryptosporidium* and *Giardia*.[1] Bleach also cannot fix water contaminated with fuel or toxic chemicals.[1]

CDC instructions

1. Find your bleach strength (label or active ingredient).
2. Add the amount from the table that matches your strength. If the water is cloudy, murky, colored, or very cold, add double the amount.
3. Stir well.
4. Let the water stand for at least 30 minutes before you drink it.[1]
5. Store it in clean, sanitized containers with tight covers.

CDC: bleach with 5% to 9% sodium hypochlorite[1]

Amount of water	With a dropper	With a mL measure	With a measuring spoon
1 quart or liter	2 drops	0.1 mL	a tiny amount (too small to measure)
1 gallon	8 drops	½ mL	a little less than ⅛ teaspoon
5 gallons	40 drops	2½ mL	½ teaspoon

CDC: bleach with 1% sodium hypochlorite[1]

Amount of water	With a dropper	With a mL measure	With a measuring spoon
1 quart or liter	10 drops	½ mL	⅛ teaspoon
1 gallon	40 drops	2½ mL	½ teaspoon

Amount of water	With a dropper	With a mL measure	With a measuring spoon
5 gallons	200 drops	12½ mL	2½ teaspoons

EPA instructions

1. Use a clean dropper from your medicine cabinet or emergency kit.
2. Add the amount from the table for your bleach strength. Double it if the water is cloudy, colored, or very cold.
3. Stir and let stand for 30 minutes.
4. Smell it. The water should have a slight chlorine odor. If it doesn't, repeat the dosage and let it stand another 15 minutes before use.[2]
5. If the chlorine taste is too strong, pour the water between clean containers and let it stand for a few hours.[2]

EPA: bleach with 6% or 8.25% sodium hypochlorite[2]

Volume of water	6% bleach	8.25% bleach
1 quart/liter	2 drops	2 drops
1 gallon	8 drops	6 drops
2 gallons	16 drops (1/4 tsp)	12 drops (1/8 teaspoon)
4 gallons	1/3 teaspoon	1/4 teaspoon
8 gallons	2/3 teaspoon	1/2 teaspoon

Ready.gov instructions (page last updated 2021)

Ready.gov says to use only regular household liquid bleach that contains 5.25 to 6.0 percent sodium hypochlorite. Add 1/8 teaspoon of bleach per gallon of water, stir, and let it stand for 30 minutes. The water should have a slight bleach odor. If it doesn't, repeat the dose and let it stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water.[3]

Where the sources differ

- **Strength range.** Ready.gov's instructions cover 5.25–6% bleach. CDC's cover 5–9% and 1%. EPA's cover 6% and 8.25%. Many bottles sold now are stronger than 6%, so use the CDC or EPA table that matches your label.
- **Per-gallon amount.** CDC gives 8 drops (a little less than ⅛ teaspoon) per gallon for 5–9% bleach. EPA gives 8 drops for 6% and 6 drops for 8.25%. Ready.gov gives 1/8 teaspoon for 5.25–6%.
- **Smell test.** EPA and Ready.gov tell you to check for a slight chlorine smell and re-dose if it's missing. CDC's page does not include this step.

> **Keep a card with your kit.** Write your bleach brand, its percentage, and the matching line from one table on an index card. Tape it to your water containers. A bottle opened years ago may no longer match.

Sources

1. CDC: How to Make Water Safe in an Emergency
2. U.S. EPA: Emergency Disinfection of Drinking Water
3. FEMA / Ready.gov: Water

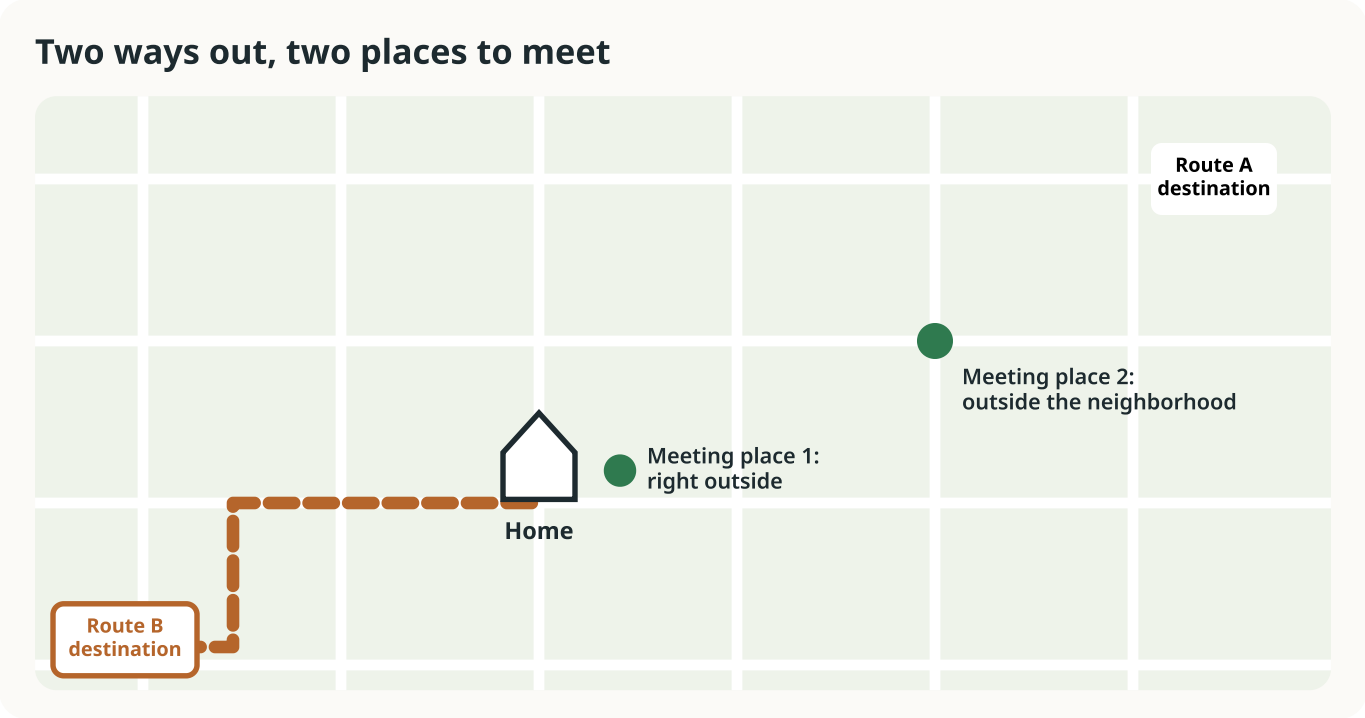
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Leaving home in an evacuation: the last-out-the-door checklist

The steps to take in the last minutes before you leave.



Plan at least two routes in different directions and two meeting places, as Be Ready Utah and the Red Cross advise. Drawing is a concept, not a real map.
Illustration: Stay-Go Guide, original drawing.

When you have to go, minutes matter. This is the order Ready.gov gives for leaving safely, plus what to grab.

Before you leave (if time allows)

1. Grab your go bags, medications, documents, phone chargers, and pets. Wear sturdy shoes and clothing that protects you: long pants, long sleeves, and a hat.[1]
2. Call or email your out-of-state contact and tell them where you are going.[1]
3. Close and lock doors and windows.[1]

4. Unplug radios, TVs, and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding.[1]
5. Shut off water, gas, and electricity only if your home is damaged and you are told to.[1] The Red Cross notes that once gas is turned off, only a qualified professional can turn it back on.[2]
6. Leave a note saying when you left and where you are going.[1]

On the road

- Follow recommended evacuation routes. Don't take shortcuts; they may be blocked.[1]
- Watch for washed-out roads or bridges and downed power lines. Don't drive into flooded areas.[1]
- If a power line falls on your car while you are driving, CDC says stay inside and keep driving away from the line.[3]
- Take one car per family to reduce congestion.[1]
- Listen to a battery-powered radio and follow local instructions.[1]

Not sure whether to go? Use the stay or go tool.

Sources

1. FEMA / Ready.gov: Evacuation
2. American Red Cross: Power Outage Safety
3. CDC: What to Do to Protect Yourself From Electrical Hazards

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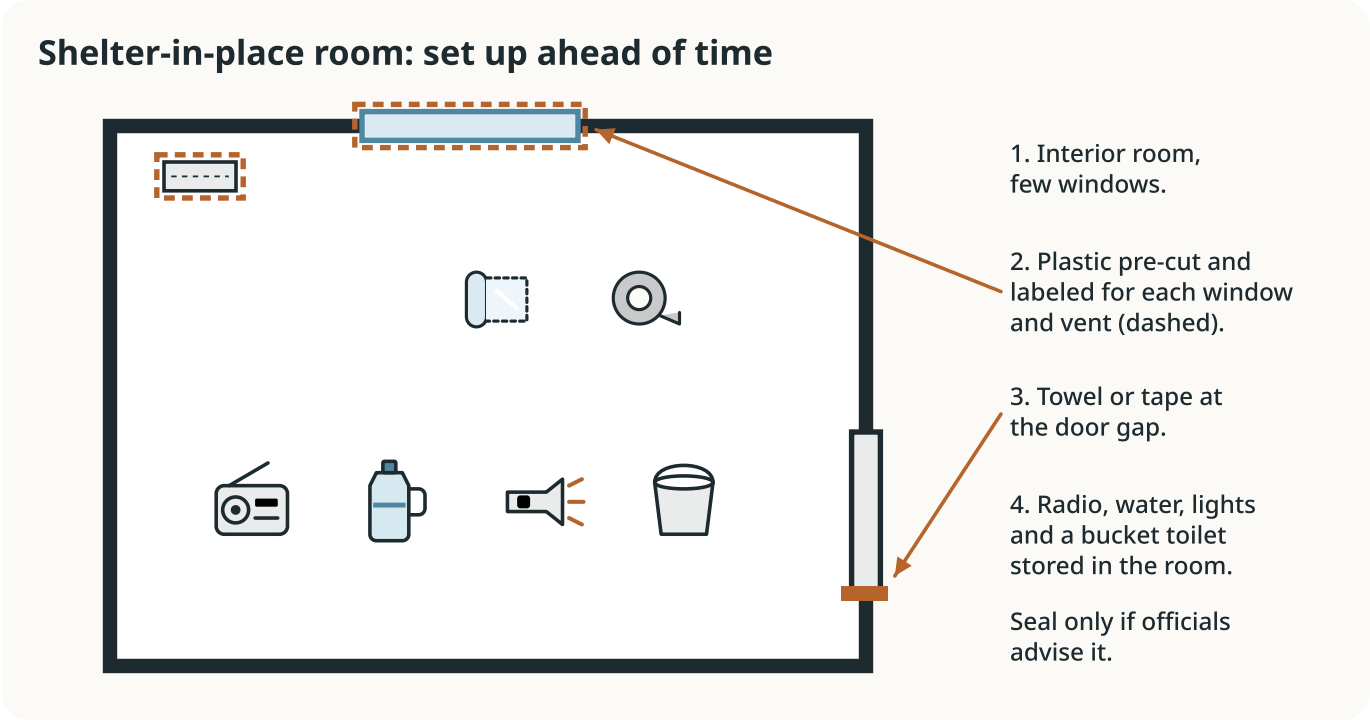
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How to seal a room to shelter in place

Plastic sheeting and duct tape, cut and labeled before you need them.



Room setup from Ready.gov shelter guidance: interior room, plastic measured and cut ahead, tape corners first, and seal only when officials advise it.
Illustration: Stay-Go Guide, original drawing.

Ready.gov calls sealing a room a temporary protective measure that creates a barrier between you and contaminated air outside. It takes planning: buy the plastic and tape ahead of time.[1]

Ahead of time

1. Pick an interior room with few windows.[1] For a chemical release, Ready.gov says choose an above-ground room with as few openings as possible.[2]
2. Measure every window, door, and vent. Cut plastic sheeting several inches wider than each opening and label each sheet.[1]
3. Know how to operate your home's ventilation system.[2]

4. Store the sheeting, tape, and supplies in that room: see the room kit.

When officials say to shelter in place

1. Bring everyone inside, including pets.[3]
2. Lock doors; close windows, air vents, and fireplace dampers.[1]
3. Turn off fans, air conditioning, and forced-air heating.[1] Or set ventilation to 100% recirculation so no outside air comes in.[2]
4. Take your emergency kit into the room unless you think it’s contaminated.[1]
5. Seal windows, doors, and vents with the plastic: tape the corners first, then all edges.[1]
6. Seal gaps with wet towels, plastic, tape, wax paper, or foil. Seal stove and dryer vents too.[2]
7. Listen to the radio or TV. Don’t go outside until authorities say it is safe.[2]

Sources

1. FEMA / Ready.gov: Shelter
2. FEMA / Ready.gov: Chemical Emergencies
3. American Red Cross: Chemical Emergency

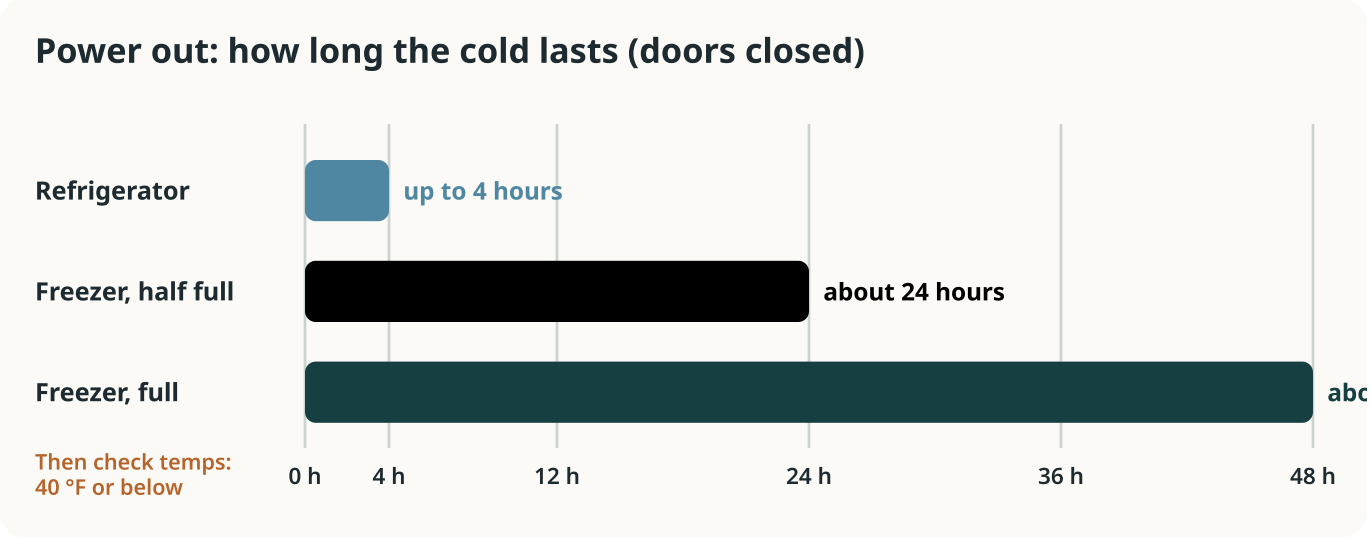
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Food safety during a power outage

The rules that decide what stays and what goes.



Times from USDA FSIS (refrigerator 4 hours; freezer about 48 hours full, 24 hours half full). Keep the doors closed.

Illustration: Stay-Go Guide, original drawing.

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Before an outage

- Keep an appliance thermometer in both the refrigerator and freezer: the fridge at 40°F or below, the freezer at 0°F or below.[1]
- Keep the freezer full. Fill empty space with frozen jugs of water, bags of ice, or gel packs. Group foods together so they stay cold longer.[1]
- Have a large insulated cooler and frozen gel packs, and find out where to buy dry ice and block ice.[1]

During the outage

- **Keep the doors closed.**[1]
- **Refrigerator:** keeps food safe for up to 4 hours. After that, move food to a cooler with enough ice to hold it at 40°F or below.[1]
- **Freezer:** a full freezer holds its temperature about 48 hours, or 24 hours if it's half full.[1]
- **In snow, don't put food outside.** Make ice instead: fill buckets, milk jugs, or cans with water and leave them outside to freeze.[1]

Dry ice: two official figures

Source	What it says
Ready.gov[2]	Twenty-five pounds of dry ice will keep a 10 cubic foot freezer below freezing for three to four days.
USDA FSIS[1]	Fifty pounds of dry ice should hold an 18-cubic-foot freezer for 2 days.

Both agencies warn: don't touch dry ice with bare hands (wear dry, heavy gloves), and don't let it touch food.[2][1]

After the outage: keep or toss

Never taste food to decide if it's safe. When in doubt, throw it out.[1] Ready.gov: throw away perishable food such as meat, poultry, fish, eggs, or leftovers that has been above 40°F for two hours or more.[2]

Discard if the fridge was off more than 4 hours

- Raw, cooked, or leftover meat, poultry, fish, eggs, and egg substitutes
- Luncheon meat and hot dogs
- Casseroles, soups, stews, and pizza

Generally safe (unless moldy or off)

- High-acid foods such as mustard, ketchup, relishes, pickles, non-creamy dressings, jams, and jellies (may spoil sooner)
- Whole fresh fruits and vegetables; unopened juices

- Mixed salads (chicken, tuna, macaroni, potato)
- Gravy and stuffing
- Milk, cream, yogurt, sour cream, and soft cheeses
- Cut fresh fruits and vegetables; cooked vegetables
- Opened fruit and vegetable juices
- Creamy salad dressing
- Batters and doughs
- Custard, chiffon, or cheese pies; cream-filled pastries
- Garlic stored in oil

USDA FSIS list.[1] FSIS also says to discard opened mayonnaise, tartar sauce, and horseradish held above 50°F for over 8 hours.[1]

- Dried fruits and coconut
- Baked goods such as fruit pies, bread, rolls, muffins, and cakes (not cream cheese frosting or cream fillings)
- Hard and processed cheeses; butter and margarine
- Fresh herbs and spices, flour, and nuts

USDA FSIS list.[1]

Frozen food

Food that has thawed but still has ice crystals, or that stayed at 40°F or below, can be safely refrozen, though the quality may suffer.[1] [2]

Medicines

If the power is out for more than a day, Ready.gov says to discard any medication that should be refrigerated unless the label says otherwise, and to consult your doctor or pharmacist right away for a new supply.[3]

Cleaning a smelly fridge (USDA FSIS)

Throw away spoiled or questionable food. Wash the shelves and other parts with hot water and detergent, then rinse with a sanitizing solution of 1 tablespoon of unscented liquid chlorine bleach per gallon of drinking water. Leave the door open for about 15 minutes.[1]

USDA Meat and Poultry Hotline: 1-888-MPHotline (1-888-674-6854).[1]

Sources

1. USDA Food Safety and Inspection Service: Keep Your Food Safe During Emergencies
2. FEMA / Ready.gov: Food
3. FEMA / Ready.gov: Power Outages

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SANITATION · HOW-TO

How to make an emergency toilet: the two-bucket system

When the toilet won’t flush, this keeps your family healthy.

> **Safety numbers are quoted, not invented.** Every dose, time, temperature, and ratio on this page is copied from the agency named beside it. Where agencies differ, we show each one with its source instead of picking. If your local health department or officials give different instructions, follow them.

When water or sewer service fails, Be Ready Utah describes a two-bucket system, which keeps liquid and solid waste separate, as an effective and sanitary way to handle human waste.[1]

> **First, protect your plumbing.** Especially after an earthquake, Be Ready Utah says to shut off your main incoming water and leave it off until you’re told the supply is safe. Don’t flush or put anything down the drains until you know the sewer pipes are safe.[1]

What you need

- Two sturdy buckets. Toilet seats that fit standard buckets are sold at hardware and preparedness stores.
- Heavy-duty plastic bags
- Kitty litter and a scoop
- Disposable gloves, eye protection, and a mask
- Toilet paper, hand sanitizer, soap, and paper towels
- Digging tools if you may need to bury waste[1]

How to set it up (Be Ready Utah)

1. **Bucket #1, urine only:** no bag needed. Empty it after each use in the yard, over the lawn, or over gravel where it will evaporate. Rinse it to use again.

2. **Bucket #2, solids only:** line it with two heavy-duty plastic bags and put a one-inch layer of kitty litter in the bottom.
3. After each use, cover the waste completely with more kitty litter, about two cups. If it starts to smell, add more litter.
4. When it's full, put on gloves, eye protection, and a mask, then securely tie off the double bags.[1]
5. Set up a handwashing station next to the toilet with water, soap, paper towels, and hand sanitizer. Sanitize the dispenser and other often-touched surfaces regularly.[1]

Using your own toilet

Be Ready Utah says you can still use your home toilet when the pipes don't work: turn off its water, empty the tank and bowl without flushing, then disinfect and dry the bowl. Plug the drain to stop sewer gas, line the bowl with two garbage bags, and follow the same separate-liquids-and-solids rules.[1]

Storing or burying the bags

- **Never** leave waste on the ground surface. It attracts insects and rodents.[1] Never dump waste into streams, canals, or other areas with potentially flowing water.[1]
- **Short-term storage:** a large garbage can with a tight lid, no more than 30 gallons, with the lid strapped down. Keep it outside where it won't be knocked over, secured to something sturdy.[1]
- **Burial** is the best option if you have a safe spot at least 200 feet from any water supply or living area. Not in your garden. Dig 2.5 to 3 feet deep. Empty the waste and litter out of the bag into the hole, cover between uses, and stop when the waste is about a foot from the surface.[1]
- Check with your city or county about local plans for emergency waste disposal.[1]
- Take off your protective gear and leave it **outside**.[1]

Also available: commercial sanitation bags, pre-filled with absorbent material, are easy to keep in go-bags and vehicles.[1]

Sources

1. Utah DEM / Be Ready Utah: Hygiene & Sanitation (12 Areas)

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