

# A Season of Resilience: Household Checklist



When we are prepared, we are in a better position to help our neighbors after a disaster. Follow these steps to make a plan for disasters and put together an emergency kit. Do not worry if you are not able to do all of the suggested activities all at once! Even having a few extra items will make a big difference in improving your safety and comfort in the event of a disaster.

## THINGS TO DO

- Make copies of important papers such as birth certificates, IDs, insurance policies, passports, online passwords, leases or deeds, etc.

Try not to store your username, passwords, and websites in the same location. Remember to update this list as you change your passwords.

You should keep hard copies in a secure location and save digital scans on a flash drive. Store copies of these documents in your emergency kit so that you can easily access them if you need to evacuate quickly.

- Create a list of your family and friends' current cell and landline numbers and emails and print it out. This information will be useful if you cannot access the contact lists on your computer or phone. Be sure to include at least one out-of-state contact; this person may be easier to connect with than a local contact after a disaster.

Keep a copy in your home and in your wallet or purse so that you will always have your loved ones' contact information with you. Try adding birthdays and other important dates to your contacts list. That way you will be habit of regularly checking and updating your list!

- Know how to shut off the water, power and gas in your home. After a disaster, being able to turn off these utilities can help ensure your safety and reduce the risk of further damage to your home.
- Back up your computer files on cloud storage and/or external hard drive. Save all files that are important to you.
- Have a conversation with your family members about what you would do if a disaster happens when you are all at home.

## A SEASON OF RESILIENCE

This checklist was adapted from the [A Season of Resilience](#) five-week worship activity. Please visit the document to print out the information in the form of worship inserts.

## PRAYER FOR TIMES OF DISASTER

by The Rev. Lyndon Harris:

O God, Our times are in your hand. In the midst of uncertainty lead us by your never-failing grace as we seek to be agents of healing and hope. Walk with us through difficult times; watch over us in danger, and give to us a spirit of love and compassion for those who suffer and mourn. And finally, remind us that you have promised never to leave us so that even in the valley of the shadow of death

- Make copies of your credit card numbers, including customer service numbers, and store with other important documents. It will be easier to replace lost or stolen cards if you have this information on hand.
- Memorize an emergency contact phone number (or two). This will come in handy if your cell phone is ever broken, missing or stolen.
- Have a conversation with your family members about what you would do if a disaster happens during when you are separated. Identify a meet-up point and develop a communications plan.

During your conversation, be sure to talk through your feelings. How would you feel? What would be most difficult? What will you want to do (often our impulse is to immediately contact a partner, kids, parents)? What should you do?

- Conduct a disaster drill with your loved ones. Practice connecting with each other and getting to the appropriate location. Make any changes necessary to your plan.

## PREPARE A KIT

- A large waterproof container or bag to store your emergency kit items
- Copies of important papers - you can keep paper copies or store them on a flash drive
- Contact information - the list should include phone numbers and emails of your family and friends, including one out-of-state contact
- Cash in different denominations - shoot for \$100 total or as much as you can; try saving a couple dollars each week this season
- A spare set of keys for your house and car
- A map of your area and any known evacuation routes
- 3 gallons of water - include some in gallon jugs and some in smaller bottles
- 3 cans of food you'd like to eat such as beans, meat, fish, pasta or soup that would taste good cold
- 1 can of fruit or veggies
- Lots of tasty snacks such as dried fruit, nuts, seeds, crackers, granola bars, wasabi peas and peanut butter
- A beverage that you would like to drink such as juice, a sports drink or oral electrolyte solution

- Comfort food such as candy or chips; be sure your chocolate has a candy coating so that it doesn't melt!
- Eating utensils
- Manual can opener
- A week's supply of medication and vitamins
- Health Items - first aid kit, thermometer, allergy and pain medication, menstrual supplies, gloves, hand sanitizer, spare glasses or contacts
- Toiletries - may include comb, soap, shampoo, deodorant, washcloth or a small towel
- 1 roll of toilet paper
- Cell phone charger
- Basic tools - screwdriver, utility knife, pliers and duct tape
- Pen, marker and notebook
- Disinfecting wipes
- Whistle
- Flashlight with an extra set of batteries
- Scissors
- Change of clothes
- Reusable water bottle
- Matches
- Mylar emergency blanket or regular blanket
- Tissues or paper towels
- Special needs: Take some time to think about any additional items you might need. Do you need to include additional items for pets, infants, children and seniors? Diapers, pet food and extra batteries for hearing aids may easily be forgotten.
- Climate specific: Include items like bug spray, sunscreen, rain gear or cold weather gear as needed.
- Spiritual Resources: Disasters can be incredibly stressful. Include a couple of small items in your kit to help you feel more calm and centered, such as a Bible, an icon, photo, book of poetry or a copy of a special prayer.
- Entertainment: These could include reading material, brainteasers, playing cards, yarn and knitting needles.

## EXTRA CREDIT ITEMS

Extra credit items: These are items that go above and beyond a standard emergency kit, but you may choose to include: a solar-powered cellphone charger, work gloves, rope, plastic sheeting and plastic bags.