GRID-DOWN CHECKLIST

Everything but food, for a family of five for 30 days.

START HERE Shop your own house first. Then buy in the order below. The numbers are the priority.

1 WATER

- [ ] In food-grade containers 1 gallon per person per day — **150 GALLONS**
- [ ] Portable water jugs — **2**
- [ ] Water treatment tablets, with printed directions

Store extra for heat, illness and pets.

2 WARMTH

- [ ] Warm blankets or sleeping bags — **5**
- [ ] Sets of warm layers, hats and gloves — **5**
- [ ] Pairs of warm socks — **10**
- [ ] Indoor thermometer

Block drafts with spare bedding, rugs and towels.

3 TOILET

- [ ] Five-gallon buckets with lids — **2**
- [ ] Snap-on toilet seat — **1**
- [ ] Heavy-duty bags, plus ties — **200**
- [ ] Large bags of cat litter or sawdust — **2**
- [ ] Lidded outdoor trash cans — **2**

4 LIGHT

- [ ] LED headlamps or flashlights — **5**
- [ ] LED lanterns — **2**
- [ ] Spare battery sets per light — **3**

Pick one battery size for everything.

5 HEALTH AND SAFETY

- [ ] First-aid kit and thermometer
- [ ] 30 days of medications, where allowed
- [ ] Smoke and carbon monoxide alarms with battery backup
- [ ] ABC fire extinguisher
- [ ] Backup power or a place to go for medical equipment

EVERYTHING ELSE

6 HYGIENE

- [ ] Rolls of toilet paper — **24–30**
- [ ] Large packs of body wipes — **4**
- [ ] Bars of soap or 2 large liquid-soap refills — **4**
- [ ] Bottles of hand sanitizer 60%+ alcohol — **2**
- [ ] Toothbrushes, toothpaste, washcloths
- [ ] 30 days of diaper, menstrual or incontinence supplies, if needed

7 CLEANING

- [ ] Disposable gloves, plus reusable ones — **100**
- [ ] Plain unscented bleach, in its original bottle — **1 GALLON**
- [ ] Dish soap, laundry soap, cloths, a wash basin

8 POWER AND NEWS

- [ ] Battery AM/FM/NOAA weather radio
- [ ] Charged power banks, with cables — **2**
- [ ] Solar charger optional
- [ ] Printed contacts, meeting places and local maps

9 EVERYDAY

- [ ] Duct tape, cord, hand tools, work gloves, sturdy shoes
- [ ] Tarps — **2**
- [ ] Paper copies of IDs and insurance, spare keys
- [ ] Cash in small bills
- [ ] Paper, pens, cards, books
- [ ] Pet supplies

PRACTICE FOR ONE EVENING

Turn the power off for one evening, then check:

- [ ] Do the toilet bags fit the bucket?
- [ ] Do the batteries last as long as you need?
- [ ] Can everyone reach the water?
- [ ] Is everyone warm enough?

Then fix what didn't work. Rotate water and supplies, and recharge batteries on a schedule.

Quantities are starting estimates, not official standards. Adjust for climate, ages and medical needs.

USE IT SAFELY

NEVER

- Never run a grill, camp stove or generator indoors or in a garage.
- Keep generators at least 20 feet from doors, windows and vents.
- Never heat your home with the oven.
- Never use candles. Use LED lights.
- Never block exits or vents when you seal out drafts.
- Never mix cleaners, and never add bleach to toilet waste.
- Never flush if the sewer or septic is backed up.
- Never dump waste in a storm drain.

THE BUCKET TOILET, IN THREE STEPS

1

LINE IT.

Put two bags in the bucket and add a scoop of litter or sawdust.

2

COVER IT.

Add more after each use and keep the lid on.

3

TIE IT OFF.

Close bags before they get heavy. Store them in the outdoor cans, away from kids, pets and water. Follow your county's disposal rules.

Wash your hands with soap and safe water every time.

IF THE HOUSE GETS TOO COLD

Blankets can't keep an unheated house safe forever. Decide now where you'd go and how you'd get there.

WE'D GO TO

WE'D GET THERE BY

Sources: CDC emergency water and winter power outage guidance; King County Public Health emergency toilet guidance