



Make a Plan

- Meet with your family members, make sure everyone knows the plan
- Choose a rally point right outside of your home for a sudden emergency like a fire.
- Choose a rally point outside the neighborhood in case you have to evacuate.
- Make a plan on how you would meet up at rally point in different scenarios.
- If evacuating, turn off your gas and power if you have time.
- Choose an out-of-area emergency contact person. Sometimes long distance can get through when local lines are jammed.
- Plan your evacuations. Decide where to go (hotels? friends? evacuation shelters?) and how to get there.
- Practice evacuating your home twice a year. Drive your evacuation route.
- Make sure you have the ability to be informed via radio, cell phones, etc.)
- Make sure at least one person in your family is CPR/AED trained.
- Make a list of all medications and post it on the refrigerator.
- Make a list of who to call in emergencies, post it on the refrigerator.
- Consider using redcross.org/safeandwell or 1-800-RED-CROSS to let your family and friends know that your are ok.

Additional Items for a Summer Storm

- Ice and cooler
- Insect repellent
- Sunscreen
- Hat
- Extra waterproof tarps
- Insect bite/poison ivy ointment

Additional Items for a Snow Storm

- Snow blower (check operation a week before)
- Snow shovels
- Ski gloves, hats
- Snow boots
- Snow melt (pet safe?)
- Hand and toe warmers
- Space heater (in case of furnace/heat pump failure)
- Cold weather clothing
- Alternative heating options such as a fireplace or wood, coal, or kerosene burning stoves

Before the Snow

- Prop open storm doors so you can get out in an emergency
- Keep snow shovels inside
- Do not park cars on the street if possible. Park away from designated snow emergency routes

During and After the Snow, Shovel

- Doors, Heat Pumps, Furnace Vents, Dryer Vents
- Car tailpipes (do not start cars without clearing tailpipes)
- Driveway, Sidewalks, Gutter downspouts
- Fire Hydrant
- Possibly remove snow from roof
- When shoveling, take frequent rests, stay hydrated.

Image Credits

Snowstorm by George Paine; Town Map by ©Google; Emergency kit by FEMA (public domain)

Emergency Preparedness Checklist

Make a Plan

Make a Kit

Prepared by Washington Grove Emergency Preparedness Task Force (Ver 1.0; May 2016)



References

This document was compiled using the following sources:

Be Red Cross Ready (www.redcross.org/prepare/disaster-safety-library)

Department of Homeland Security's [ready.gov](http://www.ready.gov) (www.ready.gov)

Montgomery County Office of Emergency Management and Homeland Security (www.montgomerycountymd.gov/OEMHS/)

American Veterinary Medical Association (www.avma.org)

Make a Kit

Assume 1-2 week supply for sheltering in place, 3 days for evacuations.

- Make a Kit for Home
- Make a Kit for Evacuations
- Make a Commute Kit in case you cannot go home to get your kit
- Check the kits twice a year when the clock changes.
- Make sure that your evacuation kit is in a bag/container and readily accessible. You may have very little time to evacuate (for example, fire, hazmat spill, flood)

Pet Essentials

- Plan ahead for evacuating with pets. Carry an updated list of pet-friendly hotels.
- ID, vaccination records, vet contact info, picture of you with your pet with contact info
- Pet Medications, medication list
- Carrier/cage
- Collar/Leash
- Non-perishable pet food, food bowl, water bowl
- Poop bags, cat litter/litter box
- Pet toys, pet blanket

Essential Home Emergency Kit

- Water (1 gallon per person per day)
- Food (non-perishable, easy to prepare)
- Manual can opener
- Bowls/Cups/Cutlery
- Flashlight
- Battery-powered or hand-crank Radio (NOAA Weather Radio if possible)
- Batteries
- First aid kit
- Medications (7 day supply, don't forget baby, elderly, pet)
- Medical supplies (hearing aid batteries, contact lenses, syringes, etc.)
- Baby supplies (bottles, formula, baby food, diapers)
- Sanitation and hygiene items (toilet paper, tissues, paper towels, tampons, hand wipes, hand sanitizers)
- Personal documents (prescription and medical information, deed to home, passports, birth certificates, insurance policies, car titles, credit cards, passports, driver's license)
- Cell phone with chargers and emergency charger (battery/solar)
- Family and emergency contact information
- Emergency blanket
- Cash (do not assume ATM would work)
- Multi-tool
- Pen/Notebook

Enhancements to the Kit

- Headlamp
- Duct tape
- Whistle
- N95 face mask
- Books and games
- Ear plugs/eye masks/sleeping aids
- Gas Mask or P95 mask (would be useful in chemical hazmat situations)
- Disposable non-latex examination gloves
- Work gloves
- Scissors
- Map
- Blankets/sleeping bags
- Towels
- Rain gear
- Matches
- Axe/Hatchet
- Knife
- Water treatment supplies (tablets, filters, etc.)
- Lantern
- Two-way radio
- Portable cooking devices like camp stoves (don't forget fuel)

Technology

- Make sure you know your passwords to essential accounts like e-mail, e-banking
- Subscribe to emergency notification services such as Alert Montgomery, Alert Gaithersburg
- Have electronic copies of important documents
- Consider offline map apps like maps.me
- Backup documents in the cloud, as well as on a USB drive

Additional Supplies for Sheltering in Place

- Plastic tarp
- Generator
- Chain Saw
- Gas/oil for the above
- Pre-cut transparent plastic sheets (chemical hazmat, and repairing blown windows)
- Staple gun
- Bleach
- Crowbar
- Regular tools (screwdrivers, wrenches, hammers, pliers)

