



OREGON OFFICE OF EMERGENCY MANAGEMENT

Two Weeks of Disaster Supplies

What does two weeks look like?

There is no one correct way to put together two weeks' worth of supplies as we all have individual dietary and medical needs. If you have children, elders, or pets, you will have additional needs. For a basic starting point, see this list:

- Water
 - 14 days x 1 gallons per person (does not include water for hygiene and cooking)
 - 14 gallons per person
 - Food
 - 14 days x 3 meals per person (should be 2400-3000 calories per day)
 - 42 meals per person
 - Emergency communication plan, including an out of area contact that can serve as the central contact point for your family in an emergency
 - Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
 - Flashlight and extra batteries
 - First aid kit
 - Whistle to signal for help
 - Dust mask, to help filter contaminated air
 - Plastic sheeting & duct tape to shelter-in-place
 - Moist towelettes, garbage bags, and plastic ties for personal sanitation
 - Wrench or pliers to turn off utilities
 - Can opener for food (if kit contains canned food)
 - Local maps
 - Copies of important documents, such as copies of identification documents and insurance policies
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