

Bug-In Checklist: What You Need to Stay Safe at Home

1. Water

- Minimum **2 gallons per person, per day** (try for 7–14 days)
- Extra water for pets
- Water filter or purification tablets
- Clean containers for storage

2. Food – Things you already eat

- 7–14 days of shelf-stable meals
- Canned meats, vegetables, soups
- Rice, pasta, oats, beans
- Ready-to-eat foods (peanut butter, energy bars)
- Spices, seasonings, comfort snacks
- Manual can opener

3. Power & Lighting

- Flashlights and headlamps
- LED lanterns
- Extra batteries
- Power banks for phones
- Solar charger, if available
- Backup generator (How much is your refrigerator worth?)

4. Heating & Cooling

- Extra blankets, sleeping bags
- Warm clothing layers
- Safe indoor heater (propane or kerosene *only if* properly ventilated)
- Fans or cooling towels for hot climates

5. Sanitation & Hygiene

- Toilet paper, tissues, paper towels
- Trash bags (lots of them)
- Baby wipes
- Hand sanitizer
- Soap, shampoo (no-rinse shampoo saves water), toothbrush/paste
- Bucket + heavy-duty bags (emergency toilet – 5 gallon bucket with a seat)

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6. Health & First Aid

- First-aid kit
- Prescription medications (1–2 weeks if possible)
- Over-the-counter meds (pain relievers, allergy meds, stomach relief, anti-diarrheal)
- Extra eyeglasses/contacts

7. Home Safety & Tools

- Fire extinguisher
- Multi-tool or basic toolkit
- Duct tape
- Plastic sheeting
- Work gloves
- Extra fuel for generators, portable stoves, and grills (stored safely)

8. Communication

- Battery-powered or hand-crank radio
- Extra phone chargers with cables
- Local maps and compass
- Copies of important documents

9. Comfort & Morale

- Books, games, cards
- Comfort foods
- Pet supplies
- Extra clothes and **socks (you might be surprise how important dry socks are!)**