

Apartment Preparedness Checklist

Core Basics (72 hours)

- ☐ Water (1 gal per person, per day)
- ☐ Non-perishable, no-cook food (1,800 calories per person, per day)
- ☐ Manual can opener
- ☐ Disposable cutlery
- ☐ First aid kit
- ☐ Flashlight/headlamps (easier to work hands-free)
- ☐ Batteries
- ☐ Mylar bags

Communication & Power

- ☐ Battery-powered and/or hand-crank radio
- ☐ Extra phone chargers
- ☐ Solar-powered portable power bank
- ☐ Physical copy of important contact information

Personal Items

- ☐ Medications: cold/flu, pain/anti-inflammatory, allergy, stomach aids
- ☐ Prescription meds
- ☐ Extra glasses/contacts
- ☐ Toiletries (see Sanitation & Waste Management below)
- ☐ Portable hiking oxygen (for situations where breathing may be impaired)

Navigation

- ☐ Download offline maps
- ☐ Hardcopy maps (don't rely on digital only). Request free maps from state tourism sites ahead of time.
- ☐ Compass

Shelf-Stable Foods

Minimum 1 week's worth of:

- ☐ Proteins: tuna/chicken pouches or cans, meat jerky, nut/seed butters, canned beans, meal/protein shakes, shelf-stable hummus
- ☐ Carbs & ready sides: crackers, rice cakes, tortillas/flatbreads, granola, energy/protein bars, instant oatmeal, ready-to-eat rice or grain pouches, fig bars, sandwich crackers
- ☐ Fruits & veggies: dried fruit (raisins, apricots, mango), applesauce/fruit cups, canned fruit/vegs, pickles/olives, vegetable juice
- ☐ Dairy & alternatives: shelf-stable milk boxes, shelf-stable cheeses (waxed minis, parmesan wedge), ghee or shelf-stable butter packets
- ☐ Complete "open-and-eat" meals: chili, baked beans, soups, tuna-and-cracker kits, peanut-butter kits, MREs

- ☐ Hydration & extras: electrolyte drink powder sticks, coconut water, honey, jam, nutella packets, hard candy/chocolate (quick calories, morale)
- ☐ Babies & pets: infant formula & purée pouches, canned/wet pet food, pet treats

Water Storage

Core Containers

- ☐ 1-L water bottles (for easy rotation)
- ☐ 2-L water bottles
- ☐ Slim 2–3 gal rectangular containers (“flats” for under-bed)
- ☐ 1-gal jugs
- ☐ Stackable jugs/bricks (for lining along walls)

Storage Helpers (Hide in Plain Sight)

- ☐ Low under-bed totes/drawers
- ☐ Storage ottoman/bench
- ☐ Wardrobe/closet floor space (back wall)
- ☐ Suitcases/duffels (for stashing sealed 1-gal jugs)
- ☐ Entry bench/shoe cabinet (bottom shelf)

Surge Capacity (Fill Only on Warnings)

- ☐ 8L/2 gal collapsible water containers (store flat)
- ☐ Bathtub bladder/liner (up to ~100 gal)

Labeling & Dosing

- ☐ Labels or painter’s tape
- ☐ Permanent marker

Water Filtration

Pre-filtering

- ☐ Coffee filters
- ☐ Clean tight-weave cloth (e.g., pantyhose, mesh produce bag)
- ☐ Clean empty bottle
- ☐ Clean fine sand

Filtering

- ☐ Squeeze/inline microfilter (e.g., Sawyer Mini/Squeeze)
- ☐ Unscented household bleach (5–6% or 8.25%)
- ☐ Eyedropper
- ☐ UV purifier pen

Post-filtering

- ☐ Water purification tablets
- ☐ Salt
- ☐ Clean containers for aeration

Sanitation & Waste Management

Personal Hygiene

- ☐ Body/face wipes
- ☐ Hand sanitizer gel packets
- ☐ Alcohol wipes
- ☐ Deodorant wipes
- ☐ Toothpaste tablets or single-use sachets
- ☐ Travel toothbrush
- ☐ Floss picks
- ☐ Mouthwash strips
- ☐ No-rinse shampoo cap or dry shampoo mini
- ☐ Feminine care: extra pads/tampons or menstrual cup

Waste Management

- ☐ WAG bags (waste kits with gelling/odor control) — at least 1 per person per day if toilet use is uncertain
- ☐ TP mini-roll or extra compressed towels
- ☐ Nitrile gloves
- ☐ Small trash bags
- ☐ Bidet/peri-bottle cap that fits a regular water bottle (turns it into a squeeze bidet)
- ☐ Bucket/small garbage bin (to turn into makeshift toilet if necessary)

Outdoor Protection

- ☐ Sunscreen packets
- ☐ Insect repellent wipes
- ☐ Bug Bite Thing (mitigates itchiness/swelling, can remove stingers/splinters)

Evacuation Essentials (If Escape Is Needed)

All Hazards

- ☐ Headlamps (hands-free) + spare batteries
- ☐ High-visibility whistle (pea-less)
- ☐ Work gloves
- ☐ Hard-soled shoes
- ☐ Waterproof phone pouch + lanyard
- ☐ Dry bags / heavy zip bags for IDs, meds, cash, spare keys
- ☐ Small pry bar/crowbar (15–18") for stuck doors/frames
- ☐ Duct tape (seal minor drafts)

Flood-Prone

- ☐ Life jackets or flotation devices for each person (pets too)
- ☐ Throw rope/throw bag (for controlled self-belay across short, shallow obstructions)
- ☐ Closed-toe water shoes

- ☐ Chemical light sticks (work when wet)
- ☐ Reflective “HELP” panel or glow tape for windows
- ☐ Axe if in attic

Fire/Smoke Escape (Upper Floors)

- ☐ Fire escape ladder sized for your floor count & sill depth
- ☐ Smoke hood / escape respirator
- ☐ ABC fire extinguisher (know PASS: Pull–Aim–Squeeze–Sweep)
- ☐ Door wedge to hold a safe door open temporarily during escape
- ☐ Spring-loaded glass breaker / center punch for tempered glass windows

Safety Reminders Worth Memorizing

- ☐ Floodwater: avoid if possible—~6" of fast water can knock you over; ~12" can move a small car
- ☐ Fire: feel doors (back of hand); if hot or smoke-pressured, use alternate route/ladder; stay low under smoke
- ☐ Utilities: Shut off gas/electric/water if you smell/see a problem or are instructed. Restoring gas requires a professional