Thank you for participating in EPUD’s 1 Step Forward program!

Our goal with 1 Step Forward is for participants to be 2 Weeks Ready by the end of the 12-month program. That means having everything you and your family need to take care of yourselves in the days following a disaster—days when help is not available.

Step 1: BUILD A KIT

A 72-hour kit has been the preparedness standard for many years; however, Oregon's Office of Emergency Management now advises families to prepare to be on their own for two weeks following a disaster. Still, a 72-hour kit has its place. Its size is manageable for kicking off your preparedness efforts, and it can serve as a “base kit” that you add to in the months ahead. And because it contains all the basic supplies, a 72-hour kit is easy to grab and go in the event of evacuation.

Most of the items on the list are inexpensive and easy to find — and you may already have some of them in your home.

Once you've gathered the basic supplies, consider any other specific needs your family has, such as supplies for infants, seniors, and pets. This may include items such as eye glasses, prescription medications, infant formula, diapers, and pet food.

Making progress? Share your photos for a chance to win emergency preparation prizes! (Details on back.)

Basic Supplies

- Water: One gallon of water per person per day for at least three days, for drinking and sanitation
- Food: At least a three-day supply of non-perishable food
- Radio: Battery-powered or hand-crank radio with a NOAA Weather Radio with tone alert
- Flashlight
- First Aid Kit
- Extra Batteries
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery

Store Your Kit

Store your 72-hour kit in a duffle bag or plastic tote. These storage options are recommended by the Federal Emergency Management Agency (FEMA) because they allow your supplies to be easily accessed and taken with you in case of evacuation.

Maintain Your Kit

Check your kit every 6 months. Rotate supplies as necessary. Canned foods (meats, beans, fruits, vegetables), nuts, peanut butter, granola bars, dried fruit are great options for a kit because they can be rotated into your normal diet, reducing wasted expired foods and ensuring fresh food if a disaster hits.

One Step Ahead

A growing collection of emergency supplies will soon require a space to store them. Consider designating a closet or corner of the garage for this purpose. Or get creative and utilize the unused areas under your bed or behind your couch. Step ahead by locating and preparing storage area(s).
WATER SUPPLY: A TOP PRIORITY

Water is one of the most important supplies you’ll need. It’s critical for survival and necessary for sanitation. Following a disaster, clean drinking water may not be available. Your regular water source could be cut-off or compromised through contamination. Prepare by building a supply of water that will meet your family’s needs during an emergency.

The Recommendation

Store one gallon of water per day for each person and each pet. Keep in mind that individual needs vary depending on age, health, activity, diet and climate.

Additional factors to consider:
- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- Large animals such as horses, cattle, sheep, goats or pigs should also have appropriate water storage prepared before a disaster.

Storing the recommended supply of water adds up quickly in terms of space. A family of four with two pets will need a minimum of 84 gallons of water to be 2 Weeks Ready—an amount many homes do not have room to store, particularly if it’s contained in 1-gallon recyclable drinking containers found at the grocery store.

EASY TASK

Think about alternative water storage solutions that will work for your home. Many options are available online, including drums, stackable “bricks,” and large outdoor storage tanks. Water storage will be a topic in future months of the 1 Step Forward program, but thinking about your storage options is something you can do now, before a decision is needed.

Share Your Progress and ENTER TO WIN!

Making progress with your preparedness efforts? Share your photos for a chance to win great emergency preparedness prizes!

Simply take a photo of your progress (this could be a photo of your supplies, a designated storage area, you or a family member shopping or packing an emergency kit, etc.), and send it to TeamEmerald@epud.org, post it to our Facebook page (www.facebook.com/EmeraldPUD), or send it to the EPUD office at:

EPUD 1 Step Forward, 33733 Seavey Loop Road, Eugene, OR 97405

Eligibility: Must be an EPUD customer to participate in prize drawings. Limit one entry per household per month. By submitting your photo, you consent to EPUD using your photo and first name on our social media channels, email communications, and printed publications.