

## 12 Months of Preparedness

### Month 2: Basic Supplies

Based on the plan you created last month, what kind of supplies might you need? We do not, generally, recommend buying a pre-built emergency kit, unless you use it as a basis to build your own kit. Every situation is different and such kits often have a bunch of stuff you don't need and not enough of what you do need. However, looking at what is in some of the larger, off-the-shelf kits can give you some good ideas of what you need to have in your kit(s). Also, consider how long the supplies must last. In the case of the Cascadia earthquake event, you should have supplies to last at least 2-weeks. Think about light, first aid, warmth, water, food, medications, cash, pets and important documents. In the coming months we will cover in greater detail additional items you may want to consider, but for now, just get something started!

Some good resources to get you going can be found online at several sites including:

<https://www.ready.gov/kit>

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>

<https://www.safewise.com/blog/emergency-kits/>

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