

2. DRINK IT UP

Securing your basic water needs

WHY ACT?

The modern world makes countless luxurious and often wasteful uses of water, but water is no luxury. For basic health, normally active adults in moderate climates should drink at least two quarts per day. The more active you are, the more water you need. In an absolute emergency, plan on a gallon per person each day; two quarts for drinking, two quarts for cooking and minimal personal hygiene not including sewage (see Action 10, pg. 23). A three-day emergency supply for a family of four: 12 gallons.

PREPAREDNESS ACTION

Step 1: Using the one gallon per person/day formula, determine the amount of water you should store to cover the time period you wish to plan for. Include pets!

Step 2: Decide on the type of containers you want to use.

Option 1: If you choose to limit your readiness to three days, bottled water from the supermarket is an easy solution.

Option 2: Search your shelves to see if you have containers. Be sure to clean them in advance with baking soda and water. Used one-gallon plastic milk jugs are not a good option because they can easily crack and leak. When purchasing empty plastic containers, be sure they're made of food-grade plastic, otherwise toxins could contaminate your water.

Step 3: Add these items to your shopping list: iodine tablets or other water purification tablets or grapefruit seed extract (for disinfecting water ONLY if you are directed to do so by health officials).

Step 4: Keep this supply of water in a special area. Tell your household that this water is to be used for emergencies only.

MATERIALS

A few gallon jugs and a few small-sized containers suitable for lifting.

TIME

A few minutes to rinse containers to an hour to research and purchase larger containers; 15 minutes to an hour to fill and store containers.

RESILIENCY GAIN

The ability to satisfy life's most basic requirement if the waterworks temporarily go on the blink.