

Off-Grid Sanitation Cheat Sheet

Stay healthy when the grid goes down.

How to Use Bleach to Purify Water

(Only use plain, unscented bleach)

- Clear water: Add 8 drops per gallon
- Cloudy water: Add 16 drops per gallon
- Wait 30 minutes before drinking
- Water should have a faint chlorine smell

Sanitizing Surfaces

- Mix 1 tablespoon of bleach per gallon of water
- Use for: countertops, dishes, toilet seats, tools
- Make fresh daily—bleach loses strength quickly

Emergency Toilet Setup (Luggable Loo)

- Use a 5-gallon bucket with a seat or pool noodle rim
- Line with a heavy-duty trash bag
- Add absorbent material (e.g., kitty litter, sawdust, shredded paper)
- Cover each time. Tie off bags and store safely until disposal is possible

Handwashing Station Setup

- Water container with spigot or small tap
- Catch basin to collect greywater
- Bar or liquid soap hung nearby
- Use after bathroom, before meals, after handling trash/pets

Two-Basin Dishwashing Method

1. Wash: Hot, soapy water (boiled if needed)
2. Sanitize: 1 tablespoon bleach per gallon of clean water
3. Air dry only—no towels needed

Hygiene Priorities (No Shower? No Problem!)

- Focus on: underarms, groin, feet, face, and hands
- Use sponge baths, baby wipes, or boiled/cooled water
- Baking soda = excellent for dry brushing & odor control
- Herbal rinses (like rosemary or calendula) help soothe irritated skin

Trash & Waste Management Tips

- Double-bag hygiene trash

- **Store in sealed bins or hang off ground**
- **Bury biodegradable waste at 6–8 inches deep, 200 feet from water (if permitted)**
- **Rotate garbage bags in supply kits regularly**

✓ Print & Store This Sheet With Your Sanitation Supplies!