

Emergency Supplies Checklist



*Stocking up now on emergency supplies can add to your safety and comfort during and after an earthquake. Store enough supplies for at least 72 hours. **More is better.***

Essentials

- Water* - 1 gallon per person/day
- Water purification kit*
- First aid kit, freshly stocked
- First aid book
- Food**
- Can opener - non-electric!
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medications
- Extra pair of eyeglasses
- Extra pair of house and car keys
- Fire extinguisher — A-B-C type
- Baby supplies: special foods/formula, bottle, clothing, blankets, baby wipes, disposable diapers, pacifier
- Pet supplies: food, water and restraint (leash or carrier)
- Cash and change; an ID for each person to wear

Sanitation Supplies

- Large plastic trash bags to use for waste, shelter, or rain ponchos
- Large trash cans
- Bar soap and liquid detergent; water-less soaps, 'wipes'
- Shampoo
- Toothpaste and toothbrushes
- Feminine hygiene supplies
- Toilet paper

Safety and Comfort

- Household bleach
- Sturdy shoes
- Heavy gloves for clearing debris
- Candles and matches***
- Light sticks
- Change of clothing
- Knife or razor blades
- Garden hose for siphoning and firefighting
- Tent
- Communication kit: paper, pens, stamps

Cooking

- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking***

Tools and Supplies

- Axe, shovel, broom
- Adjustable wrench to turn off gas
- Tool kit with screwdriver, pliers, hammer
- Coil of 1/2" rope
- Plastic tape, staple gun and sheeting for window replacement
- Bicycle
- City map

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*Water

- Store a gallon of water per person per day; plan for at least 3 and preferably 7 days. Family of 4: 4 gallons time 3-7 days = 12-28 gallons of water.
- Seal water containers tightly in a clean food-grade plastic container, label them with a date, and store in a cool, dark place.
- Rotate water supplies every 6 months.
- Keep a small bottle of unscented liquid bleach to purify water.

If you have concerns about your water safety do one of the following:

- Boil water for at least 5 minutes, let cool, then drink or use to prepare food.
- Add 8 drops of unscented liquid bleach to each gallon of water. Shake or stir, then let stand 30 minutes. A slight chlorine taste and smell is normal.

If you run out of stored drinking water, strain and treat water from your water heater. To strain, pour it through a clean cloth or layers of paper towels. Treat, following the directions above.

**Food: Recommended Foods Include:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk and soups
- High-energy foods, like peanut butter, jelly, crackers, granola bars and trail mix.
- Comfort foods, such as hard candy, sweetened cereals, candy bars and cookies.
- Dried foods; select carefully as some have a high salt content
- Instant meals that don't require cooking or water
- Don't forget to include a manual can opener!

***Camp Stove (and charcoal) is for OUTDOOR use only!

Before using fire to cook, or lighting matches or candles, make sure there are no gas leaks.

- CREATE** a reunification plan!
- SET** an out of state phone contact!
- SEND** a copy of your important documents to an out-of-state contact!
- ASSEMBLE and STORE** your emergency supplies