



Food & water

- 1 gallon/person/day (extra for nursing mothers) for drinking and sanitation
- At least a 3 day food supply/person (select food people will eat and that requires little or no preparation and refrigeration)
 - Ready to eat food (meats, vegetables, fruit)
 - Protein or fruit bars
 - Peanut butter
 - Cereal
 - Dried fruits
 - Crackers
 - Canned milk
 - Canned fruits
 - High energy foods
 - Vitamins
 - Food for infants
 - Comfort food
 - Tea & coffee
- Plates, cups, utensils
- Can openers
- Camping stove – cooking supplies
- Food and water for pets

Health

- First aid kit
- Medications (BP, insulin, etc.)
- Pain relief, antacid, anti-diarrhea
- Dust masks
- Baby supplies (diapers, formula, wipes, bottles)
- Eye glasses, contact lens supplies
- Denture supplies
- Toothbrushes, tooth paste
- TP
- Garbage bags
- Bleach
- Soap, shampoo
- Feminine supplies
- Sanitation supplies

Supplies

- Work gloves
- Shovel
- Batteries
- Radio
- Flashlights, head lamps, lanterns
- Matches
- Paper towels
- Tools (including gas wrench)
- Garbage bags / plastic bags
- Blankets
- Sleeping bags
- Tents
- Tarps
- Rope, cord
- Tape (including heavy duty)
- Towels
- Extra house keys
- Candles
- Sturdy shoes
- Pet supplies – leash, carrier
- Extra clothes (change of clothes)

Documents, etc.

- Copies of birth certificates, ownership papers, passport, and other essential documents
- Extra cash (\$20 bills or smaller)
- Car charger for cell phone
- Maps
- Pens, paper, markers
- Out of area contact

References

- FEMA – www.ready.gov



- Red Cross – <http://www.redcross.org/find-help/disaster-recovery>
- SMC Alert – www.smcalert.info
- SMC Ready – www.smcready.org

- DMV - <http://www.dmv.org/how-to-guides/emergency-kit.php>