



Be prepared at home

Are you ready to take care of your household for 7-10 days following a disaster? Electricity, gas, water and phones may not be working. Police, firefighters, public works and other emergency responders will be busy taking care of the most serious cases. So be prepared to be self-sufficient! Think of what you would need for 7-10 days without gas, electricity and running water. Gather those supplies and put them in a central location inside an easy-to-move container (such as a rolling trash can) as practical.

Checklist for Suggested Emergency Supplies to Keep at Home

(see other side for reasons why some of these items are listed):

- Antibacterial wipes
- Axe or saw
- Bar of soap
- Batteries (AA is most common)
- Bicycle
- Blankets or sleeping bags
- Bleach
- Broom
- Camping Stove
- Candles and matches
- Change of clothing for each person
- City maps
- Deodorant
- Dollars & quarters (\$100 total, in \$0.25, \$1 and \$5 increments)
- Dust mask (N95)
- Ear plugs
- Eyeglasses/reading glasses
- Family photos
- Feminine hygiene products
- Fire extinguisher
- First Aid book
- First Aid kit
- Flashlight (hand-cranked or solar if possible)
- Garden hose
- Goggles
- Heat pak/cold pak
- Heavy duty aluminum foil
- Household keys & car keys, extra set
- Insurance information, copies of driver's license, Social Security card
- Knife or razor blades
- Latex or Nitrile gloves
- Large trash bags
- Leatherman/multi-use tool
- Lightsticks
- Lip balm
- Manual can opener
- Matches, waterproof
- Paper, pens or pencils
- Paper towels or old towels
- Phone numbers of family members
- Plastic bags
- Plastic tarps
- Plates and cups
- Prescription meds
- Rain poncho
- Shampoo & comb
- Shovel
- Snacks
- Space blanket, 1 per person
- Sturdy shoes
- Tent
- Tissues
- Toilet paper
- Tool kit (screwdriver, pliers, hammer, crescent wrench, small pry bar)
- Toothpaste and toothbrushes
- Upset stomach medication
- Vitamin C
- Water (2 gallons per family member per day)
- Water purification kit
- Whistle and small mirror
- Work gloves, leather

Explanation of Items

Axe or Saw	Break down debris, create cribbing supplies, create firewood
Bicycle	Road may be impassible by car
City maps/Thomas Guides	Need to navigate quickly and find alternate routes
Paper and pen	Use for documentation
Dollars & Quarters	ATMs may not work. Businesses may require cash and have no change.
Dust Mask	Minimize inhaling dust after an earthquake
Family Photo	Help others to locate your family members
Heavy-duty Aluminum Foil	Insulation over windows for warmth, cooking
Household Bleach	Purify water
Large Trash Bags	Use as a poncho; storage of waste
Latex or Nitrile Gloves	Bacteria protection while giving First Aid
Lightsticks	In case batteries don't work; lightsticks give up to 12 hours of light
Phone Numbers	Out of area contact who can relay information to other family members. local area codes may be blocked.
Space Blanket	One for each family members; light, compact, will keep you warm
Sturdy Shoes	Protect feet from broken glass, nails
Whistle & Small Mirror	Use to whistle or signal for help
Work Gloves, Leather	Protect hands from glass and other hazards

NOTE: Make sure your home kit accounts for the special needs of ALL family members, including babies (diapers, formula, food, bottles, toys) and pets (leash, food, water, dishes, ID tags, toys, treats, photo, medical information).

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