



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):

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

Learn more at www.walnut-creek.org/CERT

Follow us on Facebook! facebook.com/walnutcreekcert

