

Disaster Supplies Checklist

Essentials

- Radio - Battery-operated and extra batteries
- Flashlight and extra batteries
- Light Sticks
- Fire Extinguisher - Multipurpose ABC type
- Clock – windup or battery operated
- Cash and change and/or traveler's checks
- Cell phone or CB Radio

Do not include candles. Candles cause more fires after a disaster than anything else.

Water – For all family members & pets

Store water in **plastic** air-tight containers.
Store one gallon for each day per person and pet – 3 to 7 days worth. **Replace the water at least every 6 months.** Keep a water purification kit on hand.

Food – For all family members and pets

Store at 3 to 7 days of nonperishable food. Select foods that require no refrigeration, preparation, or cooking and little or no water and are compact and lightweight. If you must heat food, pack a small collapsible stove, cans of Sterno and matches. **Check for gas leaks before using matches.** Suggested foods to include in your kit:

- Ready-to-eat canned meats
- Canned fruits, dried fruits, and nuts
- Healthy snack foods high in calories
- Canned vegetables

First Aid Kit – Enough for family and pets

One for home and one in each vehicle:

- First Aid manual
- CPR breathing barrier / face shield
- Band-aids – assorted sizes
- Safety pins – assorted sizes
- Cleansing agent / soap
- Non-Latex gloves - large, medical grade
- Sunscreen
- 3x3 & 4x4" sterile gauze pads
- Triangular bandages (3)
- Hand Sanitizer – alcohol based
- 2- and 3-inch sterile bandage rolls
- 3" cohesive bandages
- 5x9" sterile dressings
- Scissors
- Adhesive tape – 2" medical/surgical
- Chemical cold pack
- Tweezers
- Needles and thread
- Moistened towelettes
- Antiseptic wipes / spray
- Rubbing alcohol
- Thermometer
- Tongue depressors

- Tube of petroleum jelly
- Tube of anti-bacterial ointment
- Cotton swabs or cotton balls

Medications – For all family members and pets

- Aspirin or non-aspirin pain reliever
- Prescription drugs for 3 to 7 days
- Vitamins
- Insulin for 3 to 7 days (if applicable)
- Denture supplies (if applicable)
- Spare eye glasses/contact lenses
- Laxatives
- Anti-diarrheal medication
- Antacid
- Syrup of Ipecac (to induce vomiting if advised)
- Activated charcoal (use if advised)

Sanitation

- Toilet paper for 3 to 7 days
- Soap, liquid detergent
- Feminine hygiene supplies
- Personal hygiene products (for teeth, hair, face, body)
- Plastic garbage bags (large) and ties for waste
- Large trash cans with lids
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Towels and washclothes
- Facial tissues

Clothing and Bedding

- Change of clothing per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags for all family members
- Hat and gloves
- Thermal underwear
- Sunglasses
- Heavy work gloves

Tools and Supplies

- Disposal dust masks
- Mess kits or paper cups/plates/plastic utensils
- Manual can opener
- Utility knife
- Tools: Pliers, screwdriver, hammer, crowbar, nails, screws
- Shutoff wrench, to turn off gas and water
- Tape, such as duct tape
- Shovel, ax, broom
- Compass
- Matches in a waterproof container
- Plastic sheeting
- Aluminum foil
- Plastic storage containers
- Signal flare

- Paper, pencil
- Needles, thread
- Medicine dropper
- Adhesive labels
- Safety goggles
- Whistle
- Heavy cotton or hemp rope
- Patch kit and can of seal-in-air
- Disposable dust masks
- Tarps or other Plastic sheeting
- Map of the area (for locating shelters)
- Spare set of house keys and car keys

Additional Items For Infants

- Formula /powered milk and bottles
- Diapers/wipes

Important Family Documents

Keep records in a waterproof, portable container:

- Copy of will, insurance policies, contracts, deeds, etc
- Copy of passports, Social Security cards, immunization records
- Record of bank account numbers, names, and phone numbers
- Inventory of valuable household
- Family records (birth, marriage, death)
- Copy of Supplemental Security Income award letter
- Medical records for family members and pets
- Personal identification
- Disposable camera (to take insurance photos)

Additional Items for Pets

- Collar with Leash/harness/muzzle
- Identification tags
- Litter/pan
- Sleeping bed or pad
- Familiar toy
- Biscuits or chew sticks

Disability-Related Supplies and Equipment

Check items you use, and describe item type and location.

- Eating utensils
- Grooming utensils
- Dressing devices
- Writing devices
- Hearing device
- Oxygen: Flow rate: _____
- Suction or Dialysis equipment
- Sanitary or Urinary supplies
- Wheelchair & repair kit
- Walker or Crutches or Cane
- Monitors
- Other _____
- Other _____

Entertainment

- ___ Games and books
- ___ Plush toys

Portable Disaster Supplies Kit

Pack a backpack for each family member with essentials

- ___ Emergency information list/other lists
- ___ Small flashlight
- ___ Whistle/other noisemaker
- ___ Water
- ___ Extra medication
- ___ Copies of prescriptions
- ___ Extra pair of glasses
- ___ Sanitary supplies
- ___ Pad and pencil
- ___ Other items personally needed and that can fit

Car Supplies

- ___ Several blankets
- ___ Extra set of gloves, socks and cap
- ___ Jumper cables and instructions
- ___ Small sack of sand or kitty litter for traction
- ___ Small shovel
- ___ Set of tire chains or traction mats
- ___ Red cloth to use as a flag
- ___ CB radio or cellular telephone

Before an emergency happens:

- Create a disaster plan and practice it regularly with your family.
- Create your supply kit for home and car and locate them in easy-access places.
- Learn first aid and CPR.
- Know how to shut off your home's gas, water and electricity.
- Teach children how and when to call 911.
- Make a list of emergency services phone numbers for your area and know where the closest hospital or emergency room is.
- Decide where to meet should family members become separated – conduct periodic drills.
- Decide on an out-of-state friend or relative to contact in case family members become separated.

- Decide where to meet if an emergency happens during work or school hours.
- Make sure all family members, including children, have some form of ID. California issues ID cards for non-drivers.
- Inspect your house for readiness in earthquake, fire, flood and storms. Fix any problems areas right away.
- Replace emergency water and food items regularly for freshness.
- Learn what to do during and after emergencies such as earthquakes, fire, flood and storms.
- **If told to evacuate, do not hesitate – LEAVE!**

**Additional resources via the web
(if you do not have internet
access you can use the services
of your local public library):**

American Red Cross
www.redcross.org
www.bayarea-redcross.org

FEMA www.fema.gov

**State of California
Offices of Emergency Services**
www.oes.ca.gov

**Washington State Emergency
Management Division**
www.emd.wa.gov



CHECKLIST & SUMMARY

**Important safety
information, lists,
& resources for
additional information**

Compliments of:



**1535 South Novato Blvd.
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www.piniacehardware.com**