

Recommended Earthquake Preparedness Kits

Grab and Go

Essentials:

- Water
- Extra eyeglasses
- 3-day supply of essential medicines
- Extra house and car keys
- Small first aid kit
- Flashlight with batteries
- Whistle
- Small portable radio with batteries
- Protein bars



Car Kit

Essentials:

- Water
- First aid kit and manual
- High energy, non-perishable foods such as protein bars, raisins and peanut butter
- Battery powered radio, flashlight, extra batteries
- Fire extinguisher
- Blanket



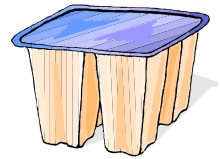
Note

- It is nice to keep cards and reading materials in all 3 kits
- Make sure you rotate the water, medicines and batteries in your kit

Home kit

Essentials:

- Water -1 gallon per person per day (a week's supply of water is preferable)
- Change of clothes/Sturdy shoes
- First aid kit with manual
- Food (packaged, canned, special diet items) for 3 to 7 days
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Light sticks
- Essential medications, 7-10 day supply
- Extra pair of eyeglasses
- Extra batteries for hearing aid
- Extra pair of house and car keys
- Fire extinguisher -A-B-C type
- Food, water and restraint (leash or carrier) for pets
- Cash and change



Nice to have:

- Sanitation supplies such as: plastic trash bags, trash cans, soap, liquid detergent, shampoo, toothbrush and paste, feminine hygiene supplies and toilet paper
- Cooking items such as: plastic utensils, paper plates, cups, paper towels, aluminum foil, camping stove(make sure no gas leaks first)
- Tools and Supplies such as: axe, shovel, broom, screwdriver, pliers, hammer, rope, duct tape, staple gun, sheeting for windows
- Safety supplies such as: sturdy shoes, gloves, knife/razor blades, tent, paper, pen, garden hose, change of clothing