

Earthquake Emergency Kit

Technology Considerations

- Use Google Drive to store scanned copies of your driver's license, health insurance cards, leases, titles, contact list, passport, and birth certificate in the cloud so that you can access them remotely if you cannot get home.
- Create a Facebook group with your inner circle so you can easily send messages.
- Add emergency accounts to your Twitter feed to stay informed.
- Create an AirBnB profile so you are ready to find or share a place to stay.

Critical Components: Water, Foods, Meds, and Cash

- **Water:** Include one gallon of water for each person and pet for each day and water purification tablets. Keep in mind that children, nursing mothers, and the elderly need more water. Hot temperatures can double the water needed.
- **Food:** Include high-energy, high-protein non-perishable food, including treats that you like to eat (e.g., granola bars, protein bars, Spam, beans, soup, tuna, vegetables, dried fruits, nuts, chocolate, etc.).
- **Medication:** Have a 30-day supply of prescription medications, non-prescription medications, and vitamins.
- **Cash:** Keep a supply of small bills in your kit to keep your buying power in case credit card machines are down.

Rotate water, food, and medication every six months or as indicated by individual expiration labels.

Communication Supplies

- _____ Self-Powered (hand crank or solar)
AM/FM/NOAA Weather Radio
with flashlight
- _____ Battery operated cell phone
charger and batteries
- _____ Extra cell phone battery (charged)
- _____ List of emergency and family
contact names, addresses, and
phone numbers

Safety Supplies

- _____ Fire extinguisher
- _____ Area maps
- _____ Work gloves
- _____ Dust masks
- _____ Safety whistle
- _____ 50-foot nylon rescue cord
- _____ Personal protection options (gun,
ammunition, knife, bat, pepper
spray)

Tools

- _____ Flashlight with batteries
- _____ Screwdrivers (flat and Phillips)
- _____ Duct tape
- _____ Leatherman tool
- _____ Hammer
- _____ Adjustable wrench
- _____ Waterproof matches

Cleaning Supplies

- _____ Broom
- _____ Dustpan
- _____ Heavy-duty garbage bags
- _____ Mop
- _____ Mop bucket/wringer
- _____ All-purpose cleaning solution

Hygiene

- _____ Shampoo / conditioner
- _____ Deodorant / antiperspirant
- _____ Skin lotion
- _____ Cleaning wipes
- _____ Towels and washcloths
- _____ Toothbrush / toothpaste / floss
- _____ Feminine hygiene products
- _____ Shaving supplies (razor and shaving cream)
- _____ Clothes washing supplies (liquid laundry detergent, clothes line, clothes pins, washboards)
- _____ Portable toilets
- _____ Toilet paper
- _____ Tissue paper
- _____ Paper towels
- _____ 5-gallon buckets
- _____ Waste disposal buckets

Clothing and Protection

- _____ Change of clothing for three days, considering your year-round environment
- _____ Outerwear, such as ponchos, rain jacket, winter jacket
- _____ Bandanas
- _____ Ponchos
- _____ Work boots or other sturdy shoes
- _____ Rubberized boots
- _____ Hats
- _____ Dust mask
- _____ Goggles
- _____ Neckerchiefs
- _____ Sunscreen
- _____ Reading glasses
- _____ Sunglasses

Baby Needs

- _____ Baby food and formula
- _____ Diaper-changing supplies (diapers, wipes, powder, diaper rash ointment)
- _____ Baby-sized nail clippers
- _____ Baby skin care items (body wash, oil, lotion, sunscreen)
- _____ Toys and books

Pet Needs

- _____ Pet food and water
- _____ Food/water container
- _____ Pet medications
- _____ Collar
- _____ Leash
- _____ Pet food
- _____ Toys
- _____ Portable crate

Lighting

- _____ Head lamp with a strobe feature for signaling
- _____ Light sticks
- _____ Glow LED flashlight
- _____ Solar powered flashlight
- _____ Waterproof match booklets
- _____ Lamps or lanterns and lamp oil
- _____ Wicks
- _____ Candles and candle holders

Staying Warm

- _____ Portable generator
- _____ Generator fuel (e.g., gasoline, diesel)
- _____ Fuel containers (for diesel / gas based on equipment needs)
- _____ Battery powered fan
- _____ Spray bottle
- _____ Emergency Mylar space blankets
- _____ Blankets

First Aid Kit

- _____ Non-latex rubber gloves
- _____ Pencil and small notebook
- _____ Isopropyl alcohol
- _____ Saline solution
- _____ Hydrogen peroxide
- _____ Benadryl
- _____ OTC pain medications (such as aspirin, ibuprofen, acetaminophen)
- _____ Hydrocortisone cream
- _____ Iodine
- _____ Alcohol pads
- _____ Topical analgesic cream
- _____ Tweezers
- _____ Scissors
- _____ Shears
- _____ Eye wash
- _____ Eye dropper
- _____ Ice packs
- _____ Heat packs
- _____ Gauze pads (varied sizes)
- _____ Adhesive bandages (varied sizes)
- _____ Butterfly-type wound closure strips
- _____ Triangular bandage to use as sling
- _____ Ace wrap
- _____ Hemostats
- _____ Magnifying glass
- _____ Razor blades
- _____ Safety pins
- _____ Diabetic sugar tablets (if needed)
- _____ Pack of needles (if needed)
- _____ Epi-Pen (If needed)

Cooking Supplies

- _____ Cook stove or grill and fuel
- _____ Cooking containers (pots, pans)
- _____ Manual can opener
- _____ Water purification tablets
- _____ Personal water filter straw
- _____ 100-gallon water storage system
- _____ Magnesium fire starter
- _____ Knives
- _____ Disposable tableware (paper plates, disposable cups, plastic utensils)
- _____ Aluminum foil
- _____ Insulated ice chest

Sleeping Supplies

- _____ Sleeping bags
- _____ Blankets, sheets, comforters
- _____ Sleeping surfaces (cots, mats or inflatable mattresses)
- _____ Pillows
- _____ Tent