
CLOTHING & SHELTER

- Long pants
- Long-sleeved shirt / sweatshirt
- Sturdy shoes or work boots
- Warm Jacket / rain gear / poncho
- Underclothing / socks
- Hat / scarf / sturdy work gloves
- Sunglasses
- Sleeping bags with sheets inside
- Blankets (mylar or cotton) / tarp
- Inflatable pillow
- Tube tent or 10'x14' walled tent
- Clothes lines & clothes pins
- Heat packs
- Camp/portable stove & lantern & fuel

PERSONAL HYGIENE

- Portable toilet / potty seat
- 5-gallon plastic bucket with tight lid
- 1-2 rolls of toilet paper per person
- Plastic garbage bags, ties
- Tooth brushes & toothpaste
- Individual towelettes or wet wipes
- Razor blades & shaving cream
- Waterless alcohol-based hand sanitizer
- Comb & brush
- Small bottles of liquid soap & shampoo
- Towel & washcloth
- Tissues
- Unscented household bleach
- Feminine supplies
- Paper towels
- Collapsible cups
- Bath towels / wash cloths
- Eye dropper
- Small sewing kit
- Insect repellent

SPECIAL NEEDS

For Everyone

- Prescription drugs / medication schedule
- Medical / tetanus & vaccination records
- Insulin supplies
- Contact lenses & supplies / eyeglasses
- Denture needs
- Hearing aid batteries

Especially for Baby

- Bottles / formula / powdered milk / food
- Diapers & wipes

IMPORTANT PAPERS

Keep copies of papers in waterproof container or safety deposit box; send copies to an out-of-state friend. Keep digital copies on a CD or thumb drive:

- Will, insurance policies, family records
- Passports, social security cards
- Bank account numbers / investments
- Credit card numbers and companies
- Inventory & photos of household goods
- Telephone numbers of relatives & friends

TIPS

- Have kits for home / car / office / pets
- Keep items in airtight plastic bags
- Have money in small bills & quarters
- At least once a year, replace batteries
- Change stored water every 6 months
- Replace stored food every 6 months

Remember Your Pets

- Food (dry & canned) & food/water bowls
- Photo (in case pet gets lost)
- Medications & vet contact info
- Leash, muzzle, blankets & toys

PALO ALTO NEIGHBORHOODS
an independent umbrella group to enhance communications
and mutual support for the Palo Alto Neighborhoods



www.paneighborhoods.org/ep

EMERGENCY PREPARATION SUPPLIES FOR YOUR HOME

PAN Partners

City of Palo Alto

More on Preparation & Supplies

www.paarc.org

www.72hours.org

www.quakekare.com

www.quakepro.com

www.iprepare.com

www.majorsurplusnsurvival.com

www.campingsurvival.com

www.sccphd.org

FOOD & WATER

Try to have a 3-7 day supply per person.

- Ready-to-eat meal packets
- Canned meats (tuna, chicken, ham)
- Canned fruits and vegetables
- Canned juices (100%), milk, soup
- Beverages in foil-lined boxes
- Snack sized puddings and fruits
- Trail mix & granola bars
- Peanut butter, jelly
- Dried bean, peas, legumes
- Crackers & cookies
- Protein drinks
- Various dried sauces
- Chicken & beef bullion
- Oatmeal / dry cereals
- Rice / spaghetti
- Dried Milk / Juices
- Instant coffee, tea bags
- Individual condiment packets & spices
- Any non-perishable comfort food you like

Water

- Minimum three-day supply PER PERSON
 - 2 quarts for drinking
 - 2 quarts food preparation/sanitation
- Unscented household bleach to purify water
- 5-gallon collapsible water container

Food Preparation & Storage

- Non-breakable cups, knives, forks & spoons
- Plastic or paper plates
- Manual can opener
- Knife & large spoon
- 2-3 covered plastic containers to store food
- Paper towels
- Plastic resealable bags / aluminum foil
- Soap & towel
- Liquid detergent

FIRST AID

- Basic First Aid Kit
- Disaster Handbook
- Roll & adhesive bandages -- various sizes
- Sterile gauze pads -- various sizes
- Adhesive tape (1/2", 1", 2")
- Band-Aids
- Anti-bacterial ointment
- Antiseptic wipes / moistened towelettes
- Rubbing Alcohol
- Cleansing agent/soap
- Ace bandages
- Sunscreen & chapstick
- Latex gloves (minimum 2 pairs)
- Waterless alcohol-based hand sanitizer
- Tube of petroleum jelly/lubricant
- Pack of disposable masks
- Cold packs
- Tweezers
- Sewing kit
- Scissors (small/cuticle)
- Thermometer (non-breakable)
- Splints
- Tongue depressor blades
- Medicine dropper
- Assorted sizes of safety pins
- Mirror
- Hand towels

Nonprescription Drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Antihistamine
- Roll of throat lozenges
- Vitamins (if appropriate)

TOOLS

- Fire extinguisher (small, ABC type)
- Small collapsible shovel
- 10' 1/2" thick rope
- Duct tape
- Utility knife/ box cutter
- Pocket knife / multi-purpose tool
- Fire starting kit
- Cotton twine
- Cigarette lighter / waterproof matches
- Mirror
- Crowbar
- Screwdrivers - phillips and flat head
- Pliers/saw/scissors/crescent wrench
- Staple gun
- Shut-off wrench or 4-in-1 tool
- Garbage bags & ties
- Carbon monoxide alarm (battery-operated)
- Plastic ground cloth/tarps/sheeting
- Plastic storage containers
- Aluminum foil

COMMUNICATION

- Battery-operated radio & extra batteries
- Flashlight (store batteries separately)
- Electronic (1) or flameless light sticks (12)
- LOTS of Batteries
- Cell phone, phone card and extra batteries
- Cell phone charger (solar or crank)
- Whistle
- Paper, pencil, pen
- Clipboard
- Maps
- Extra car keys