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## CLOTHING & SHELTER

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- 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

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## PERSONAL HYGIENE

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- 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

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## SPECIAL NEEDS

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### 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

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## IMPORTANT PAPERS

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**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

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## TIPS

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- 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](http://www.paneighborhoods.org/ep)

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# EMERGENCY PREPARATION SUPPLIES FOR YOUR HOME

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### PAN Partners

Stanford/Palo Alto Citizen Corps  
Council

### More on Preparation & Supplies

[www.72hours.org](http://www.72hours.org)  
[www.beprepared.com](http://www.beprepared.com)  
[www.quakekare.com](http://www.quakekare.com)  
[www.thereadystore.com](http://www.thereadystore.com)  
[www.quakepro.com](http://www.quakepro.com)  
[www.simplerlife.com](http://www.simplerlife.com)  
[www.iprepare.com](http://www.iprepare.com)  
[www.majorsurplus.com](http://www.majorsurplus.com)  
[www.campingsurvival.com](http://www.campingsurvival.com)  
[www.sccphd.org](http://www.sccphd.org)  
[www.paarc.org](http://www.paarc.org)

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## FOOD & WATER

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### 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

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## FIRST AID

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- 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)

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## TOOLS

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- 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

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## COMMUNICATION

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- 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