

Earthquake Preparedness Kit

FOOD

- Ready-to-eat canned meats, fruits, vegetables.
- Canned juices, milk, soup
- Sugar, salt, pepper
- High energy foods such as peanut butter, jelly, crackers, granola bars, trail mix; foods that will not increase thirst.
- Vitamins
- Foods for infants, elderly, persons with special dietary needs
- **Comfort/stress foods: cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.**
- Pet food, at least one ounce per animal pound per day.
- Avoid foods like rice, pasta and dry beans that require a great deal of water to prepare.
Remember to restock your food once a year.

FIRST AID KIT

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs such as Pain relievers, Anti-diarrhea medicines, Antacid, Syrup of Ipecac (used to induce vomiting with the advice of a Poison Control Center), Laxatives, Activated charcoal (used with advice from the Poison Control Center)
- Various roller bandages
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant

TOOLS AND SUPPLIES

- Paper cups, plates, and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, in case banks are closed in the days following an earthquake
- Non-electric can opener or a utility knife
- Small fire extinguisher
- Pliers
- Tape
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Wrench, to turn off gas and water

SANITATION

- Toilet paper
- Soap, liquid detergent
- Feminine supplies
- Plastic garbage bags and ties
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Poop bags and scooper for pet waste

CLOTHING AND BEDDING

- Sturdy shoes or work boots (keep near your bed)
- Rain gear
- Blankets or sleeping bags
- Warm clothing
- Sunglasses (keep your spare eyeglasses in the emergency kit, too.)

DOCUMENTS

- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Drivers' License/photo ID

Download the following homeowner's guide for earthquakes from FEMA:

<http://www.fema.gov/media-library-data/20130726-1446-20490-6333/fema-530.pdf>