








Disaster Supply Kit My Preparedness Checklist

 <p><u>Water</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> 3-day supply=1 gallon/person per day (in a 5 person household, you would need 15 gallons) 	 <p><u>Disaster Kits</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> In car (see Berkeley Disaster Preparedness Neighborhood Network (BDPNN) brochure) <input type="checkbox"/> At work (see BDPNN brochure) <input type="checkbox"/> At bed side (comfortable shoes, flashlight)
 <p><u>Food</u> (3-day supply of non perishables)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Canned meats, fruits, & vegetables <input type="checkbox"/> Canned juices, milk, & soup <input type="checkbox"/> Staples – sugar, salt, pepper <input type="checkbox"/> High-energy foods – peanut butter, jelly, crackers, granola bars, trail mix <input type="checkbox"/> Foods for infants, elderly, persons, or persons on special diets <input type="checkbox"/> Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags 	 <p><u>Family Disaster Plan</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Evacuation/ escape plan <input type="checkbox"/> Meet with neighbors <input type="checkbox"/> Safe distance meeting place <p><u>Long-Distance phone #s</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Agreed upon phone # to call to update on status
 <p><u>Tools & Supplies</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Mess kits or paper cups, plates & plastic utensils <input type="checkbox"/> Emergency preparedness manual <input type="checkbox"/> Battery-operated radio and extra batteries <input type="checkbox"/> Flashlight and extra batteries <input type="checkbox"/> Fire extinguisher: small canister, ABC type <input type="checkbox"/> Tube tent <input type="checkbox"/> Pliers <input type="checkbox"/> Duct tape <input type="checkbox"/> Compass <input type="checkbox"/> Matches in a waterproof container <input type="checkbox"/> Aluminum foil <input type="checkbox"/> Plastic storage containers <input type="checkbox"/> Signal flare(s) <input type="checkbox"/> Paper, pencil <input type="checkbox"/> Needles, thread <input type="checkbox"/> Work gloves <input type="checkbox"/> Medicine dropper <input type="checkbox"/> Shutoff wrench, to turn off household gas and water <input type="checkbox"/> Whistle <input type="checkbox"/> Plastic sheeting 	 <p><u>Sanitation</u></p> <ul style="list-style-type: none"> <input type="checkbox"/> Toilet paper <input type="checkbox"/> Towelettes <input type="checkbox"/> Soap, liquid detergent <input type="checkbox"/> Feminine supplies <input type="checkbox"/> Personal Hygiene items <input type="checkbox"/> Plastic garbage bags, ties (for personal sanitation uses) <input type="checkbox"/> Plastic bucket with tight lid <input type="checkbox"/> Disinfectant <input type="checkbox"/> Household chlorine bleach  <p><u>Clothing & Bedding</u> <i>(one complete change of clothing & footwear per person)</i></p> <ul style="list-style-type: none"> <input type="checkbox"/> Sturdy shoes or work boots <input type="checkbox"/> Rain gear <input type="checkbox"/> Blankets or sleeping bags <input type="checkbox"/> Hat & gloves <input type="checkbox"/> Thermal underwear <input type="checkbox"/> Sunglasses



Household Documents & Contact #s

- Personal Identification, cash (including change) or traveler's checks, and a credit card
- Copies of important documents: birth certificates, marriage certificate, driver's license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunizations records, bank and credit card account numbers, stocks, and bonds. ***Be sure to store these in a watertight container.***
- Emergency contact list and phone numbers
- Map of the area and phone numbers of places you could go
- An extra set of car keys and house keys



Home Safety

- Water heater strapped
- How to use a fire extinguisher
- How to shut off gas Valve
- Bolted foundation
- Hutch bookshelves anchored to wall
- Earthquake puddy on valuables
- Cabinet doors sealed with child proof fasteners
- Secured appliances and office equipment with commercial-strength Velcro
- Smoke alarms installed & new batteries (every 6months)



First Aid Kit

- First aid manual
- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- Needle
- Moistened towelettes
- Antibacterial ointment
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleaning agent/soap
- Latex gloves (2 pairs)
- Petroleum jelly
- Cotton balls
- Sunscreen
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers

First Aid Kit (Continued...)

Nonprescription Drugs

- Non-aspirin pain reliever (Tylenol, Motrin)
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative
- Vitamins

Note: Store all medications/drugs out of reach of children including vitamins

Special Items if Applicable



For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications



For Adults:

- Heart & high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses
- Entertainment – games and books
- Important family documents



For Pets:

- Pet first-aid kit and guide book (ask your vet what to include, or visit the [ASPCA Store](#) to buy one online)
- 3-7 days' worth of canned (pop-top) or dry food, and at least 7 days' worth of bottled water for each pet (store in a cool, dry place and replace every two months)
- A traveling bag, crate or sturdy carrier, ideally one for each pet
- Harness and leash (Note: harnesses are recommended for safety and security)
- Make sure all pets wear collars and tags with up-to-date identification.
- Carry a copy of pet vaccination record



Training

CERT (Community Emergency Response Team):

- Fire Suppression
- Disaster First Aid
- Basic Search + Rescue
- Basic Disaster Prep
- 5 Critical Steps
- CPR Training
- First Aid Training

Household members trained in shutting off:

- Water
- Gas
- Electricity