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BUILD A DISASTER SUPPLY KIT FOR YOUR HOME AND CAR

If you are stranded in your car or have to be self-sufficient at home until help arrives, you need to have a disaster kit with you. A listing of what should be included in the “Disaster Supply Kit” is listed below. Also below is a link that will allow you to download and print the Cal EMA recommended kit contents.

California Emergency Management Agency [“Disaster Supply Kit”](#)

Essentials

- Water — One gallon per person per day (a week’s supply of water is preferable)
- Water purification kit
- First aid kit, freshly stocked
- First aid book
- Food
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medications
- Extra pair of eyeglasses
- Extra set of house and car keys
- Fire extinguisher — A-B-C type
- Food, water and restraint (leash or carrier) for pets
- Cash and change
- Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices

Sanitation Supplies

- Large plastic trash bags for waste; tarps and rain ponchos
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine hygiene supplies
- Toilet paper
- Household bleach

Safety and Comfort

- Sturdy shoes
- Heavy gloves for clearing debris
- Candles and matches
- Light sticks
- Change of clothing
- Knife or razor blades
- Garden hose for siphoning and firefighting
- Tent
- Communication kit: paper, pens, stamps

Cooking

- Plastic knives, forks, spoons
- Paper plates and cups
- Paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are no gas leaks; never use charcoal indoors)