

Emergency Preparedness Check List



HEALTH AND SAFETY

- Flashlight and batteries: 1 per person
- Liquid soap and hand sanitizer
- Teeth cleaning wipes
- Water purification kit
- 2-week supply of prescription drugs
- Fire extinguisher
- Extra eyeglasses and sunglasses
- Insect repellent
- Sunscreen

Infant Necessities:

- Infant medicine
- Diapers
- Baby formula and bottles

First-aid Kit Including the Following:

- Bandages and tape
- Antiseptic
- Pain relievers
- Digestive medicines (e.g., Maalox)
- Anti-diarrhea medicines (e.g., Imodium)
- Antacids
- Medications for common illnesses

FOOD AND DRINK

- Drinking water: 1 gal. per person per day
- Non-potable water: for hygienic use only
- Propane gas for barbecue grill
- 2 coolers for food and ice
- Manual can opener

TWO WEEKS SUPPLY OF THE FOLLOWING:

- Nonperishable foods
- Plastic tableware and cups
- Plastic wrap and plastic trash bags
- Toilet paper and paper towels
- Wet wipes

IF YOU EVACUATE

- Pillows, blankets & sleeping bags or air mattresses (shelters do not provide)
- Folding chairs or cots
- Extra clothing and shoes
- Large bath towels
- Personal hygiene items: toothbrush, deodorant, etc.
- Food, water, and ice
- Prescription medications in original containers
- Books, toys and/or handheld games

MISCELLANEOUS

- Cleanup supplies: mop, buckets, towels, disinfectant, bleach
- Camera/camcorder (record property before storm & document damage after)
- Extra batteries
- Tire repair kit
- Work gloves
- Full tank of gas
- Appropriate clothes for post-storm: hat, closed-toe shoes, dry socks, rain gear
- Animal care (keep proper food and water stocked)
- Cash (ATM and credit card networks might be down)

LEARN MORE

www.fema.gov

Federal Emergency Management Agency

www.redcross.org

American Red Cross

www.nws.noaa.gov

National Weather Service

www.caloes.ca.gov

California Office of Emergency Services