Step 2: Emergency Supply Kits
You can create your own or buy a ready-made emergency supply kit.

The items you need for your kit are similar to the items you would take on a camping trip. In fact, following the 1994 Northridge earthquake, many people, fearing damaging aftershocks, “camped” in their front yards.
Think about getting or making kits for home and your car!

It is usually cheaper to make your own kit but if you buy a pre-assembled kit, don’t forget to add the personal items you and your family need, i.e. medications, glasses, baby supplies, and pet supplies.
Suggestions for your kit:

- **Money**
  - Cash in small denominations
  - Credit card systems will likely be down
- **Bedding**
  - Store your sleeping bags in your disaster kit!
  - Blankets
- **Insurance policies and phone numbers**
- **Flash Light with Batteries**
- **Glow Sticks**
- **Portable Radio with Batteries**
More items for your kit:

• Clothing
  – Tie a pair of shoes to your bed post so you will be able to find them if the earthquake occurs while you are sleeping
  – A complete change of clothes
  – Jacket

• Dust Mask to help filter contaminated air

• Toilet Paper

• A Portable Toilet
  – You can purchase one for about $10
Equipment

- Shovel
- Large Plastic Garbage Bags
- Duct Tape
- Wrench
- Pry Bar
- Pliers
- Heavy Work Gloves
- Whistle
Water

- One gallon of water per person per day, for drinking and sanitation
- Children, nursing mothers, and sick people may need more water
- If you live in a warm weather climate more water may be necessary
- Keep *at least* a three-day supply of water per person
Food

- Store *at least* a three-day supply of non-perishable food
- Select foods that require no refrigeration, preparation or cooking and little or no water
- Pack a manual can opener
- Eating utensils and paper plates
- Avoid salty foods, as they will make you thirsty
Choose foods your family will eat.

- Ready-to-eat canned meats, fruits and vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods
First Aid Kit

- Two pairs of Latex or other sterile gloves
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes to disinfect.
- Eye wash solution to flush the eyes or as general decontaminant
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Thermometer
- Scissors
- Tweezers
Medications

- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers
  - You should periodically rotate medicines to account for expiration dates
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies
- **Non-prescription drugs:**
  - Aspirin or non-aspirin pain reliever
  - Anti-diarrhea medication
  - Antacid (for upset stomach)
  - Laxative
Special Items for Baby...

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment
- Toys
Miscellaneous Items

• Denture needs
• Contact lenses and supplies
• Extra eye glasses
• Personal hygiene items
• Pet Supplies
• Portable Generator
  – Following the Northridge Earthquake, generators were in big demand but can be a bit expensive
Check expiration dates on food, water, and medications.

Rotate perishable supplies by periodically replacing them with fresh items.
Depending on the size and type of kit you assemble, the items can be placed in a:

- **Large Clean Trash Can**
  - This can be stored in your garage or shed
- **Backpack**
  - This is best for Evacuation or Work Kits
- **Large Utility Pail**
  - Can later be used as an improvised toilet
- **Sturdy Box**
Thank you for joining us in our preparation efforts.
If you have any questions or for more information, please call the Los Alamitos Police Department at (562) 431-2255, x410.