

Emergency Supplies

Please note that these are just suggestions. You should consult with the local fire department or a professional disaster preparedness company for a complete list of necessities for a preparedness packet

The Essentials:



- *Store your supplies in a portable container like a large trash can w/ lid or duffel bag.
- *Consult your physician or pharmacist about the storage of prescription medication.
- *Reconsider your emergency needs yearly and change your food and water supply every 6 months
- * Keep a small version of this kit in your car.
- *Keep a thumb drive in a waterproof bag with scanned important papers and medical records: house title*birth certificate*insurance coverage*pictures of your possessions*official ID's*tax records*important contact numbers

Special Items: (medicine/medical records/specialty needs)

Adults: heart and blood pressure meds * Insulin* prescription drugs* dental needs* contact lenses supplies* extra eye glasses



Elderly: Medical ID bracelet* prescription drugs * medical equipment* hearing aid batteries* doctor contact info* copies of medical records *list of problems and how they are being treated and list of drugs taken*extra oxygen supply

Babies: formula and bottles *diapers and  wipes*powdered milk*rash ointments and other medicine*special toy and blanket

Pets: food and water for three days*leash*carrier*pet first aid kit*bags for waste*pet er numbers*pet medical records*new



Survival Kit:



Clothing and bedding: a complete change of clothes and sturdy shoes * jacket * blankets and sleeping bag * hat and heavy gloves * thermal underwear * sunglasses*rain gear*tent

Sanitation: toilet paper/moist tissues * soap/liquid detergent * feminine supplies * personal hygiene items * plastic garbage bags and ties for personal sanitation use * plastic buckets with tight lids * disinfectant * house hold chlorine/bleach * tooth brush and toothpaste



Food: at least a 3 day supply of nonperishable food. *ready to eat canned meat, fruit, vegetables * canned juices * staples (salt, sugar, pepper, spices) * high energy foods * vitamins * for infants * crackers/candy



food

Water: *1 Gallon of water per person per day. No less than 3 day supply. *water purification system



Tools and Supplies: mess kits * paper plates, cups, utensils * can Preparedness Manual * battery operated radio w/ extra batteries * extra batteries * utility knife * can of sterno/camp stove * matches in



opener * Emergency flashlight and headlamp w/ water proof container *

aluminum foil * plastic storage container * zip lock bags * medicine dropper * shut off wrench to turn off household gas and water * plastic sheeting * paper & pencil * sewing kit * whistle * local * spare cell phone battery or solar charger * dust mask * extra batteries!

First Aid Kit:

Kit: twenty adhesive bandages various sizes * one 5 by 9 inch sterile dressing * one conforming roller gauze bandage * two triangle bandages * two 3 by 3 sterile gauze pads * one roll 3 inch cohesive bandage * two germicidal hand wipes or waterless alcoholbased hand sanitizer * six antiseptic wipes * two pairs of large medical grade non latex gloves * adhesive tape 2 inch width * anti bacterial ointment * a cold pack * small scissors * tweezers * a cpr breathing barrier, such as a face shield * a first-aid manual * sun screen



ONCE YOU HAVE THE BASICS, YOU CAN THEN MAKE AN ACTUAL PLAN! DISASTER NUMBERS FORM:

ER Contact Numbers-neighborhood			
ER Contact Numbers-local			
Pet ER Contact Numbers			
Pet:		Pet ER Clinic	
ER Contact Numbers-outside of area			
Disaster Broadcast Radio Stations AM 600 KOGO-Primary SD County Alert AM 1360 KLSD-Secondary SD County Alert AM 1460 AIR AMERICA		Disaster Phone Info Line 211	
County Fire Department Engine District _____ ER#:911 1.619.533.4300		Local Police Eastern, District _____ ER#: 911 Precinct #: 858.495.7900 Non-ER #: 858.484.3154	
Poison Control Poison Control Center 1.800.222.1222		Red Cross San Diego/Imperial County 858.309.1200	
Gas Company SDGE 1-800-611- 7343 (24 hour ER #) 1-800-227-2600 (cable /gas pipe locating service)		Electric Company SDGE 1.800.411.7343	SD Water Department 619-515-3525 (Water Department's Emergency Hotline)
Gas Contractor	Plumbing Contractor	Electrical Contractor	General Contractor
Disaster Information Websites http://www.sdcountyemergency.com/health.html (info on evacuation routes, shelters, alerts, contacts, etc.) http://www.noaa.gov/ (weather info) http://earthquake.usgs.gov/regional/ncic/ (earthquakes) http://landslides.usgs.gov/ (landslides) http://www.cdc.gov/ (CDC)			

