

Family Emergency Plan - Build a Kit

What will you need if disaster strikes?

Emergency Supplies Kit

Emergencies can happen at any time, and they often require families to look after their own needs for several days. When an emergency strikes, it's too late to begin to plan how you and your family will cope with it, or to assemble the things you will need to survive. In the event of a major disaster, emergency services may be overwhelmed and will only be able to respond to life-threatening emergencies. If help takes hours, or even days to arrive, would your family be prepared to cope?

Preparing for an emergency before it strikes is your surest path to survival. One key step is to assemble an Emergency Supplies Kit. By gathering emergency supplies in advance, your family will be much more prepared for an evacuation or extended stay at home.

First things first.

Determine what type of container you'll use to store your supplies. This will depend on how many people you are providing for. The container should be something that can be picked up or wheeled away in case of evacuation. Some examples include a large, covered trash container, a plastic storage container, or a backpack.

Determine where you'll store your kit.

Store your kit in a convenient place known to all family members.
Keep a smaller version of Emergency Supplies Kit in the trunk of your car.

Emergency Supply Kit Checklist

The essential items of a kit include at least a three-day supply of food and water for each person, first aid supplies, clothing and bedding, tools, and emergency supplies and special items.

Review your kit every six months. Replace food and water and add necessary items as your family's needs change.

Water

Store one gallon of water per person (or pet) per day.

Store water in plastic containers, such as soft drink bottles. Avoid using containers that may break, such as glass bottles.

Food

Select foods that require no refrigeration, preparation or cooking and little or no water. Select food items that are compact and lightweight. Most importantly, select foods that you and your family like.

Ready-to-eat canned meats, fruits, and vegetables

Canned juices, milk, soup

High energy foods, such as peanut butter, jelly, crackers, granola bars, trail mix

Special food for infants, elderly persons, or persons on special diets

Comfort food, such as cookies, candy, etc.

First Aid Kit

Assemble a first aid kit for your home and one for each car.

Sterile adhesive bandages in assorted sizes

2-inch sterile gauze pads (4-6)

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Hypoallergenic adhesive tape

Triangular bandages (3)

2-inch sterile roller bandages (3 rolls)

3-inch sterile roller bandages (3 rolls)

Scissors

Petroleum jelly or other lubricant

Assorted sizes of safety pins

Needle

Moistened towelettes

Antiseptic

Thermometer

Tongue depressor (2)

Cleaning agent/soap

Latex gloves (2 pair)

Sunscreen

Tweezers

Non-prescription drugs

Aspirin or non-aspirin pain reliever

Anti-diarrhea medication

Antacid (for stomach upset)

Syrup of ipecac (use to induce vomiting if advised by the Poison Control Center)

Laxative

Activated charcoal (use if advised by the Poison Control Center)

Prescription medications

Pet Supplies

Food

Tags

Water

Litter Box

Medications

Vaccination information

Leash

Water

Include at least one complete change of clothing and a sturdy pair of shoes

Blankets or sleeping bags

Special Items

Formula

Contact lenses and supplies

Diapers

Extra eye glasses

Bottles

Entertainment – games, books

Important family documents

Keep these records in a waterproof, portable container

Wills, insurance policies, contracts, deeds, stocks and bonds

Passports, social security cards, immunizations records

Bank account numbers

Credit card account numbers and companies

Inventory of valuable household goods, important telephone numbers

Family records (birth, marriage, death certificates)

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