

EMERGENCY PREPAREDNESS KIT

Emergency Preparedness Kits should be considered for your home to provide food, water, tools, and medical supplies for a minimum of 3-5 days of being isolated following an earthquake or other major community disaster. You may be without water, electricity, phones and utilities for a week or more. Families and neighborhoods need to be ready to survive on their own.

**Sample
Home
Preparedness
Kit in Plastic
Garbage Can**

Paper Towels Toilet Tissue Sanitary Napkins	First Aid Kit Medicines Extra Glasses Extra Cash	Pencils Paper Books Important Documents
Toothpaste Toothbrush Bar Soap Shampoo Liquid Cleaner Liquid Bleach Other Hygiene	Scissors Plastic Utensils Can Opener AM/FM Radio	Flashlight Batteries Matches Candles Duct Tape Whistle
Blankets Extra Shoes/Clothes Towels Sweaters	Non-Perishable Food: Canned Foods Nutrition Bars Boxed Juices Vitamins Peanut Butter Boxed Foods Candy, Nuts, Dried Fruits & Crackers	
Sterno Stove Canned Sterno Cooking Pot String, Wire Aluminum Foil Plastic Dishes Food and Garbage Bags	Bottled Water - at least a gallon per person/day	



The Sea Ranch
Association

