



## EMERGENCY KIT CONTENTS

### Go-Bags & Shelter-in-Place

#### Definitions

'Emergency Kit' is an umbrella term that includes both Go-Bags and Sheltering-in-Place kits.

A '**Go-Bag**', or Grab & Go, is a pre-packed bag that you can grab & run - for quick evacuation. It should contain essential supplies for 3 days, and should be small and portable, like a backpack or lightweight suitcase with wheels. Pack a separate go-bag for each member of your household, including pets. Since you do not know where you will be when an emergency occurs, prepare Go-Bags for home, work, and cars.

A **Sheltering-in-Place** emergency kit is for earthquake, bad weather, or other community disasters. Supplies should last 3 days, and preferably 10-14 days. You may be without utility services like water, electricity, phones for a week or more; families and neighborhoods need to be ready to survive on their own.

#### Basic Disaster Supplies

The following is a list of items to put in Go-Bags and Shelter-in-place kits. Each person should customize for their own special needs.

#### Water

**Water is critical** – 1 gallon per person per day for 3-10 days. A 10- to 14-day supply is best if you live in an earthquake zone like we do. Include purification tablets and water filter.

**Water storage containers** - consider the weight when full of water, how much you can carry.

1 pint of water weighs 1 pound

5 gallons = 42 lbs.

1 gallon = 8 lbs.

7 gallons = 58 lbs.

#### Food Go-Bags

granola or energy bars

#### Food Shelter-in-Place

non-perishable food

manual can opener

\*remember to rotate food supply

### First Aid Kit

gauze, bandages of varying sizes, antiseptic wipes, and antibacterial cream  
EMT-type shears, an irrigation syringe for cleaning out wounds  
Tylenol, Ibuprofen, aspirin  
sterile bandage materials for wound and blister/burn care  
supplies for fracture & sprain care; splint  
triangular bandages (for limb immobilization, stabilization, breaks, sprains)  
5-by-9-inch trauma pads for stemming serious bleeding from large wounds  
extra nitrile gloves  
extra-large bottle of betadine solution for disinfecting wounds  
CPR face shield, tweezers, hydrogen peroxide

### Shelter/Warmth

emergency blanket(s), emergency sleeping bag  
body, hand, foot warmers, ponchos  
tent with rope, waterproof tarp, or sheeting

### Personal Hygiene

wet wipes, hand sanitizer, small waste bags, super-thick (contractor) garbage bags  
A 'travel sized' roll of TP in a Go-Bag; full size TP in your stay bag  
toothbrush, toothpaste, dental floss, soap, lubricant eye drops, hand/ body lotion,  
washcloths, deodorant, sterile hand wipes, Clorox, a mini-sewing kit, Sunscreen, bug repellent,  
and a bandana (so many uses!), and stool softeners

### Personal Supplies

Rx medications, eyeglasses (sunglasses & contact lens), medical devices (oxygen or CPAP)  
list of meds (prescription/non-prescription), names and prescription #s  
clothes & shoes - work shoes, change of clothes, warm jacket, hat, gloves.  
hand sanitizer, baby wipes, mini sewing kit  
gloves - nitrile & heavy work gloves  
particulate respirator masks N95  
heavy-duty garbage bags  
5-gallon bucket toilet seat! (aka Luggable Loo)

### Documents, Photos & Essentials (see separate Documents 'Tip')

important family documents (digital/hard copy) in waterproof container (birth certificates,  
passports, insurance policies, etc.)  
credit card, ATM bank card, & cash (small bills), checkbook  
list of your doctors, dentist, including addresses & phone numbers  
list of emergency family & friend contacts and phone numbers  
spare set of house & car keys  
phone charger, cords, car plug adapter

personal computer data and digital information backups on hard drives and/or disks

### Light

LED flashlight, headlamps, flashlights, lantern, glow sticks  
emergency candles, sterno emergency candle  
waterproof matches in waterproof container

### Communication

emergency radio (NOAA), hand cranked or battery-operated AM/FM radio  
cell phones and chargers, solar chargers  
walkie talkies & Ham radio, bullhorn, or air horn, whistle  
rechargeable and disposable batteries  
Contact info

### **Communication with others in Oakmont:**

Oakmont Directory & Emergency Phone Numbers  
MYN/COPE: your neighbors names and phone #s

### Tools

multi-function tool, duct tape, blue tarp, Swiss Army knife  
local map (marked with 2 evacuation routes), compass  
convertible shovel/pickaxe, flat pry bar, hammer, pliers  
forks, spoons and knives, paper plates, paper towels  
Lava soap, rags, leather work gloves, manual can opener, pencil & note pad  
plastic ties and extra bungee cords, rope - at least 50 ft., safety goggles  
fire extinguisher, dust masks (N95)

### Entertainment

tablet/charger, books, coloring book/pencils, games, playing cards, puzzles

For [Pet Go-Bags](#) and [Pet Documents](#) see separate 'Tip' called Pet Go-Bags.