

# 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, and phones for a week or more; families and neighborhoods need to be ready to survive on their own.

### Water

**Water is critical** – 1 gallon per person per day for 3-10 days minimum. 3 gal/pp/day is preferred. 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

1 gallon = 8 lbs.

5 gallons = 42 lbs.

7 gallons = 58 lbs.

### **Things to Pack in a Go Bag**

The **Go Bag** is what you grab when you leave the house to get to a safe place or when you evacuate in a hurry. Evacuations can last for many days, but you will hopefully be at a friends, relatives or a hotel.

#### Food and water

- Snacks (granola bars)
- Water (few bottles)

#### Money

- ATM & credit cards
- Checkbook

- Cash (\$300)
- Safe deposit keys

### **Personal belongings**

- Clothing (warm & cool)
- Entertainment (reading material, games)
- Pet items (leashes, portable bowls, food, vet records – See MYN Tip on Pet Stuff)
- Cell phone & cables
- Chargers for all electronics

- Batteries
- Small toiletry kit
- Computers & cables
- List of important phone #s
- Face masks N-95
- Flashlight, LED
- Multi-purpose tool

- Whistle

### **Documentation**

- Passport(s) & Visas
- Marriage, birth, adoption and naturalization certificates
- State Department ID
- Driver's license
- Insurance policies (auto registrations and title, homeowners, medical/Medicare)
- Power of attorney, will & trust
- Pet records
- Household effects inventory

### **Medical Items**

- Medical and dental records
- Immunization cards
- Glasses & contacts
- Prescriptions
- Medications
- Small First Aid kit

## **Things to Pack in a Stay Kit**

The Stay Kit is a two-week stash of essentials in case you need to remain home without power, water or heat after something like a major earthquake. Being prepared means having your own food, water and other supplies to last for up to 10 days at home.

### **Basic Disaster Supplies Kit**

A basic emergency supply kit could include the following items:

- Water (min. one gallon per person per day for several days, for drinking and sanitation, that's minimum; 3 gal preferred)
- Food (several-day supply of non-perishable meal items like soup, canned tuna, peanut butter)
- Manual can opener (for food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight, lanterns
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Local maps
- Cell phone with chargers and a backup battery
- Crowbar & duct tape

### **Additional Emergency Supplies**

- Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Toilet Paper
- Personal hygiene supplies
- Pet food and extra water
- Cash (\$300)
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blankets; Pillow
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Towels

- Duct Tape
- Multipurpose tool
- Matches in a waterproof container
- Entertainment items
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensil

- Paper and pencil
- Books, games, puzzles or other activities for children
- Gloves
- Rain Gear
- Tarp, Plastic sheeting (to [shelter in place](#)) (waterproof)
- Insect Repellent

The website Ready.gov [has a checklist](#) to help you build your stay bin, and [the American Red Cross has more advice](#) on emergency preparedness.

### **Maintaining Your Kit**

After assembling your kit remember to maintain it so it's ready when needed:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers.
- Replace expired items as needed, especially batteries.
- Re-think your needs every year and update your kit as your family's needs change.

### **Kit Storage Locations**

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.

- Home: Keep this kit in a designated place and have it ready in case you have to leave your home quickly.
- Work: Be prepared to shelter at work for at least 24 hours.
- Car: In case you are stranded, keep a kit of emergency supplies in your car.

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

