Storing Emergency Supplies

Chances are you will have to rely upon supplies you have available in your home for at least the first three days following any major disaster.

Store these items in something that is portable and easily carried, like a plastic tub with a tight-fitting lid. In the event of fire or rapid evacuation, you’ll appreciate having more than just the clothes on your back.

The container should be able to withstand moisture, insects, and some abuse when the quake happens. If you have a large family, several smaller tubs may be easier to carry than one large container.

Place items in plastic bags to protect against condensation, which causes mildew and rust. The bags newspapers come in are a good choice - these can later be used for disposing of waste.

Locate these supplies as close to your primary house exit as possible. You may have to find it in the dark or after the upheaval of an earthquake.

Food

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration or cooking, and little or no water.

- canned meats, fruits, and vegetables
- canned juices and soups
- high energy foods – peanut butter, granola bars, trail mix, beef jerky
- “comfort” foods – cookies, hard candy, etc.

First Aid Supplies

- sterile 4” adhesive bandages
- sterile 4” x 4” gauze pads
- 4” rolled gauze bandages
- large triangular bandages
- butterfly bandages
- adhesive tape
- scissors and tweezers
- moistened towelettes
- bar soap
- latex gloves
- aspirin & non-aspirin pain reliever
- antacid
- anti-diarrhea medication
- insect repellent
- hydrogen peroxide to disinfect wounds
- antibiotic ointment to dress wounds
- sunscreen
- safety pins
- needle & thread
- plastic bags
- sanitary pads
- instant cold packs
- pocket knife
- splinting materials

Water

Keep at least a three-day supply of water for each person in your household. Two-liter soda pop bottles work great. That means six two-liter bottles per person. (See pages 6 - 7 for more information on storing an emergency supply of water.)
Preparing for disasters is a long-term goal. To make this task manageable, choose just two or three items that you will get each month.

**Month #1 items to buy**

Item #1 ____________________________
Item #2 ____________________________

**Month #2**

Item #1 ____________________________
Item #2 ____________________________

**Month #3**

Item #1 ____________________________
Item #2 ____________________________

**Month #4**

Item #1 ____________________________
Item #2 ____________________________

**Month #5**

Item #1 ____________________________
Item #2 ____________________________

**Month #6**

Item #1 ____________________________
Item #2 ____________________________

*Plan to rotate the items in your kit annually. This includes making sure the clothes you have stored still fit!*