

Making Your Own Earthquake Preparedness Kit

This is a list of suggested items compiled by the American Red Cross and the Disaster Preparedness Handbook of Berkley.

WATER

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
- Store one gallon of water per person per day. Don't forget your pets.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).
- Change this water every six months. Household liquid bleach to kill microorganisms:
 - Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Do not use scented bleaches, colorsafe bleaches or bleaches with added cleaners.
 - Add 16 drops of bleach per gallon of water, stir and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes.
 - The only agent used to treat water should be household liquid bleach. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent sodium hypochlorite as the only active ingredient, are not recommended and should not be used.

FOOD

- Ready-to-eat canned meats, fruits, vegetables.
- Canned juices, milk, soup
- Sugar, salt, pepper
- High energy foods such as peanut butter, jelly, crackers, granola bars, trail mix; foods that will not increase thirst.
- Vitamins
- Foods for infants, elderly, persons with special dietary needs
- Comfort/stress foods: cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.
- Pet food, at least one ounce per animal pound per day.
- Avoid foods like rice, pasta and dry beans that require a great deal of water to prepare. Remember to restock your food once a year.

FIRST AID KIT

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs such as Pain relievers, Anti-diarrhea medicines, Antacid, Syrup of Ipecac (used to induce vomiting with the advice of a Poison Control Center), Laxatives, Activated charcoal (used with advice from the Poison Control Center)
- Various roller bandages
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant

BACK TO THE TOP

TOOLS AND SUPPLIES

- Paper cups, plates, and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, in case banks are closed in the days following an earthquake
- Non-electric can opener or a utility knife
- Small fire extinguisher
- Pliers
- Tape
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Wrench, to turn off gas and water
- Warm clothing
- Sunglasses (keep your spare eyeglasses in the emergency kit, too.)