

DISASTER KIT CHECKLIST

Here's a list of various items you might need in the event of an emergency. Store everything in a large duffel bag in a cool, dry place, like the corner of your closet. This list was compiled from local, state and federal preparedness guides. Locally, disaster supplies like MREs and crank-powered flashlights can be purchased at SLO Camp & Pack at 341 Higuera St.

FOOD AND WATER

You will need food and water for a minimum of three days. For water, figure on a gallon per person per day. It's also a good idea to put multivitamins and protein supplements in your kit. If activity is reduced, healthy people can ration their food – but not water. If you're caught off-guard, you can get water from ice cubes, your hot water tank or the reservoir of your toilet. Some ideas:

- A gallon of water per person for at least three days
- Food for at least three days, including items like canned soups, protein supplements and multivitamins, energy bars, dried fruits, and Meals Ready to Eat

FIRST-AID KIT

Make one for your home and for each car. You can also buy them pre-made.

- Sterile Band-Aids, assorted sizes
- 2- and 4-inch sterile gauze pads, 4-6
- A roll of adhesive tape
- Triangular bandages, 3
- 2-inch sterile roller bandages, 3 rolls
- 3-inch sterile roller bandages, 3 rolls
- Scissors
- Tweezers
- Needle
- Moistened towelettes

- Antiseptic
- Thermometer
- Tongue blades
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves, 2 pair
- Sunscreen
- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

TOOLS AND SUPPLIES

- Radio and extra batteries – or a crank-powered unit
- Flashlight and extra batteries – or a crank-powered unit
- Cash, in \$1 and \$5 bills in case ATMs and cash registers don't work
- Silverware, bowls, cups
- Can opener or multipurpose tool
- An AC adapter for your car
- Small fire extinguisher
- Tent
- Pliers

- Wrench to turn off household gas and water
- Duct tape
- Compass
- Waterproof matches
- Flare
- Aluminum foil
- Plastic storage containers
- Paper, pencil
- Needles, thread
- Whistle
- Plastic sheeting
- Area map
- Toilet paper
- Feminine supplies

CLOTHING AND BEDDING

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

SPECIAL ITEMS

- Baby:** Formula, diapers, bottles, powdered milk, medications
- Adults:** Heart and blood pressure medications, insulin, prescription drugs, denture needs, extra contacts or eye glasses

- Entertainment:** Games and books
- Family documents:** Will, insurance, contracts, deeds, passports, Social Security cards, immunization records, bank account numbers, credit card numbers, inventory of household goods, family records, important phone numbers

PET KIT

- Pet food and treats
- Drinkable water in plastic bottles
- Can opener for canned food
- Pet medications and medical records in a waterproof container
- Leashes, harnesses and/or carriers
- Current photos of your pet in case it gets lost
- The name of your veterinarian
- Identification collar on your pet

KID KIT

- Books
- Crayons, pens, paper
- Scissors and glue
- A few toys, board games, deck of cards.
- Stuffed animal
- Blanket or pillow
- Pictures of the family and pet