

2. ASSEMBLE YOUR KITS

At-home emergency kit checklist

In the event an earthquake strikes, a well-stocked emergency kit will provide necessities you may need to survive before help arrives or until you are able to evacuate.

- Water:** one gallon of water per person per day for at least seven days, for drinking & sanitation
- Food:** at least a seven-day supply of non-perishable food such as canned food, and protein rich foods like nuts and energy bars
- Pet supplies:** food and water
- Battery-powered or hand crank radio** and a NOAA weather radio with tone alert and extra batteries for both - see [nws.noaa.gov/nwr/info/nwrrcvr.html](https://www.nws.noaa.gov/nwr/info/nwrrcvr.html)
- Flashlights:** with extra batteries
- First aid kit:** remember any necessary medications, baby formula and diapers if you have a small child
- Medications:** 7-day supply and other medical items
- Whistle:** to signal for help
- Dust mask, plastic sheeting and duct tape:** to help filter contaminated air and to make shelter
- Moist towelettes, garbage bags, plastic ties, personal hygiene items** for personal sanitation
- Tools:** wrench or pliers to turn off utilities, wood saw to cut limbs or branches for firewood, a stout, sharp knife, and 300 feet of strong cord
- Fire starting materials:** Zippo style or “light in any weather” lighters, battery & steel wool, flint and striker
- Manual can opener** for food
- Maps, paper and pencil**
- Cell phone** with chargers, inverter or solar charger
- Family and emergency contact info** (laminated to protect against moisture and wear)
- Copies of personal documents:** medication list, pertinent medical info, proof of address, deed/lease to home, passports, birth certificates, insurance policies
- Extra cash**

Once you have assembled the basics, you may want to enhance the kit with additional items, based on medical conditions and other specific needs for you and your family. Find those suggestions at [ready.gov/kit](https://www.ready.gov/kit).

Car emergency kit checklist

Why a car kit? In the event your home becomes unsafe, or you are stranded away from home, you may have to travel to emergency shelters or stay with friends or family in another city.

- Jumper cables:** include flares or reflective triangle
- Flashlights:** with extra batteries
- First aid kit:** remember any necessary medications, baby formula and diapers if you have a small child
- Food:** non-perishable food such as canned food, and protein rich foods like nuts and energy bars
- Manual can opener** for food
- Water:** at least 1 gallon of water per person a day for at least 3 days
- Tools:** pliers, wrench, screwdriver, wire saw to cut limbs or branches for firewood, a stout, sharp knife, and 300 feet of strong cord
- Fire starting materials:** Zippo style or “light in any weather” lighters, battery & steel wool, flint and striker
- Maps, paper and pencil**
- Pet supplies:** food and water
- Radio:** battery or hand cranked
- Cat litter or sand:** for better tire traction
- Shovel:** for clearing debris from roadway and freeing vehicle stuck in debris or damaged roads
- Ice scraper**
- Clothes:** warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes for the cold
- Blankets** or sleeping bags
- Charged Cell Phone:** and car charger

Be sure to keep your car serviced, running well, and with a full tank of gas in case you need to evacuate quickly.

Looking for a pre-assembled kit? Check out what you can order online from the Red Cross at redcrossstore.org/category/id/1.

Kits for public transportation, bikes and foot travel

Homeowners without cars will need to make other evacuation arrangements, and car owners should consider alternatives as roads may be impassible. Public transportation may be unavailable until roads and railways are repaired. You might choose to evacuate by bike or even on foot, allowing you to maneuver around debris and past slow-moving traffic.

Grab-and-go bag

Whether you're able to evacuate by transit, by bike or even on foot, each family member should carry a mobile "grab and go" bag with basic supplies.

- Water and food** for three days if possible (pack high-calorie, ready-to-eat foods such as energy bars and nuts - canned food may be too heavy and bulky)
- Water filter** and/or purification tablets
- Fire starting materials:** "light in any weather" lighter, battery & steel wool, flint and striker
- Small first aid kit:** remember any necessary medications, baby formula and diapers if you have a small child
- Clothing:** warm hat, gloves, emergency blanket, socks, dust masks
- Maps, paper and pencil**
- Flashlight:** with extra batteries
- Personal hygiene items**
- Small radio:** battery or hand cranked
- Charged cell phone** and charger
- Contact information:** On paper, family and emergency contact info
- Copies of personal documents:** medication list, pertinent medical info, proof of address, deed/lease to home, passports, birth certificates, insurance policies
- Extra cash**

Bicycle checklist

- Rack and bags:** with grab-and-go bag contents. A backpack can work in a pinch.
- Puncture-resistant tires,** patch kit and portable pump
- Basic tools:** a bike-specific tool set, available at most bike shops
- Lights:** Look for bright lights with at least 850 lumen output. Buy lights with removable batteries and carry extras, or if you have lights with integrated batteries, choose those lasting at least several hours on a charge and keep them fully charged.
- Trailer:** to carry supplies, children and pets, and even injured people.

Pet preparedness kits

Furry family members will need their own emergency preparedness kits - **DoveLewis Emergency Animal Hospital** makes the following recommendations.

- 3-7 days' worth of canned (pop-top) or dry food
- Disposable litter trays
- Litter or paper toweling
- Liquid dish soap and disinfectant
- Disposable garbage bags for clean-up
- Pet feeding dishes
- Extra collar or harness as well as an extra leash
- Bottled water, at least 7 days' worth for each pet
- A traveling bag, crate or sturdy carrier, one for each pet
- Flashlight
- Blanket (for scooping up a fearful pet)
- Pillowcase or Evacsack evacpet.com
- Toys and treats
- Photocopies of medical records and current prescriptions in a waterproof container
- A two-week supply of any medicine your pet requires and appropriate administration devices
- Recent photos of your pets (in case you are separated and need to make "Lost" posters)

Find more information about preparing your pets from DoveLewis at dovelewis.org/pdf/pet-health/emergency-preparedness_quick-reference.pdf.