

Build a Kit



In the event of a major disaster, you might need to **Shelter in Place** and survive on your own resources for a minimum 5-7 days. You may be sleeping outdoors. Plan on what you will need to eat, sleep, cook, with or without the shelter and comfort of your home.

Food & Water

- Water (minimum of 1 gallon per person per day for 5 days), chlorine bleach, and eye dropper
- Canned fruits, vegetables, stew, meat
- Dried fruits
- Dry cereal
- Crackers (low sodium)
- Canned tuna
- Nutritional bars
- Canned nuts (unsalted)
- Peanut butter
- Fruit or vegetable juices
- Powdered milk
- Bottled soft drinks
- Baby food and food for others on special diets

Eating & Cooking

- Paper/plastic plates, cups, utensils
- Paper towels
- Manual can opener
- Alternate cooking source and fuel

Sanitation

- Portable toilet or bucket with lid, toilet paper
- Diapers
- Disinfectant
- Feminine hygiene supplies
- Cat litter and plastic garbage bags
- Twist ties

Health & Safety

- First Aid kit and manual
- Dust masks
- Soap, detergent, shampoo
- Toothbrush, toothpaste
- Medications
- Heavy work gloves
- Sturdy shoes
- Space blanket or sleeping bag
- Tent or other camping equipment
- Hearing aid batteries
- Goggles or safety glasses
- Scissors

Tools

- Shovel
- Wrench (shut-off valves)
- 1/2" rope (20 ft.)
- Duct tape
- Broom
- Axe
- Flashlight and extra batteries
- Portable radio and extra batteries
- Fire extinguisher

Pets

- Leashes, crate, food
- Cat litter and plastic garbage bags

For more information, visit www.ready.gov

Grab & Go Checklist



Things that you will need to take at the last minute.

Your Grab and Go List is a prioritized list of irreplaceable possessions that you will take if you have time to evacuate. Often called the Top 10 in 10, think about what 10 items you would take if you had 10 minutes to evacuate.

Ideally, you should note the item and where it is located in your house to save time. **You may also want to create a separate list for each family member.**

Keep a copy of all lists in your **Evacuation Backpack** so you can easily locate them during an evacuation. Add to the list as you see fit.

- Wallet with Driver's License and checkbook
- Credit and debit cards
- Cash in small denominations and change for pay telephones
- Prescription medicines
- Eyeglasses and other medical aids
- Cell phone and chargers (electrical charger, car charger, and solar charger)
- Computer or computer backup media with cords (i.e., portable hard drive, USB drive, etc.)
- Emergency Plan contact list with out-of-state contact information
- Copies of current financial accounts
- Safe deposit keys
- Passport
- Family photos/photos stored on CD
- Family heirlooms, jewelry, etc.
- _____
- _____
- _____
- _____
- _____
- _____

Evacuation Backpack



Your **Evacuation Backpack** contains those things you want to take with you that will help keep you and your family safe during an evacuation, as well as help speed your recovery from a disaster. Most items from this kit will easily fit into a medium size duffle bag or backpack. You may find many of these items around your house, but in an emergency evacuation you may not have time to gather all of them. Add to the list as you see fit. Original documents such as birth, marriage and death records should be kept in a safe deposit box away from your home.

Assemble a backpack for each member of the family.

- A copy of your **Grab and Go Checklist**, also known as the Top 10 list of *irreplaceable* possessions that you will take if you have time to evacuate via a vehicle (note the item and where it is located in your house to save time).
Collect these items just before leaving your house.
- A copy of the **Evacuation Plan Checklist** to guide you during evacuation
- Basic personal hygiene items for all family members (washing, shaving, dental, eye-care, sanitary)
- Extra eyeglasses
- Special items for infants, elderly, or disabled family members
- Flashlight, battery-operated radio, extra batteries and extra cell phone charger
- Safety goggles, cotton gloves and a dust mask for each family member to protect against smoke and heat in case of evacuating during a large fire
- One change of clothes for each family member (focus on socks and underwear first)
- Pet leash and/or carrying box and small amount of pet food
- List of important phone numbers, including your designated out-of-area contact
- [Emergency Contact](#) cards for each member of the family

For more information, visit www.ready.gov

Evacuation Plan Checklist



Evacuate immediately if told to do so, as delaying could risk your life.

An emergency or disaster may occur when family members are together or away at work or school. Having a family emergency plan will give you the reassurance that family members will be able to take care of themselves

Prepare for an Evacuation

Here are a few steps to prepare in case you have to leave your home after a disaster:

- Talk with your family about what you would do during, and immediately after, a disaster, regardless of where you may be.
 - Practice [Drop, Cover and Hold On](#) as you would during an earthquake, so everyone knows what to do.
 - Make sure everyone knows how to text, as voice messages or calls may not be operational after a large-scale disaster.
 - Designate a meeting place where you will all reunite if you're not together during the disaster. Perhaps a nearby church, school, or community center.
 - Identify an out-of-area phone contact since you may have a better chance of getting a phone call to connect to a number 200 miles away, than a local number. This contact person can pass information on to the rest of your family that you're ok. Make sure your child has this number in their school backpack.
 - Know how to turn off your gas and water. Keep a wrench by the gas meter. Only turn off the gas if you smell "rotten eggs" or hear a whooshing sound. Show your children where the gas meter is located and if they are alone and smell gas, have them go to an adult neighbor for help to turn it off.
 - Know your children's school plan and what you need to do to check them out if students are to be dismissed.
 - [Emergency Contact](#) cards for each member of the family.
 - Register your cell phone numbers with [Alert Marin](#) to receive emergency notifications.
 - Make copies of important documents and photos. They can be scanned and stored on a portable hard drive or online storage service. This might include passports, birth certificates, marriage licenses, insurance, and mortgage papers.
 - Consider getting earthquake insurance and look into renter's insurance.
 - Take photos or home movies of your home and possessions and store in a place other than your home.
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If You Are Told to PREPARE to Evacuate

- Listen** to your local radio (740 AM, 810 AM, 88.5 FM) and follow directions of local emergency officials.
 - Alert your neighbors** to the danger, especially if they are seniors, disabled, or children who may be home alone.
 - Move your car** off of the street so that you do not block emergency vehicles.
 - Park your car** in your driveway with the front facing the street. Leave keys in ignition. Roll up windows.
 - Get dressed** in cotton or wool long pants, long sleeved shirt, and sturdy shoes. Carry gloves, handkerchief or mask to cover your face, goggles, and flashlight.
 - Assemble** your irreplaceable possessions (photo albums, original art, computer records, insurance records, etc.). Use your **Grab and Go Checklist**.
 - Prepare** to evacuate on foot. Use your green or blue garbage cans to cart items if necessary. Take your **Evacuation Backpacks** with you.
 - Take your pets** with you if you can.
 - Post a note** telling others when you left and where you are going.
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When You Evacuate

- If you are driving, get off the road and out of the way when confronted by approaching fire trucks.
 - If the roads out of your neighborhood become impassable due to abandoned vehicles or the approaching fire, evacuate on foot or bicycle using pre-determined routes to arrive at a pre-determined family meeting place. This could be a community center, school, church or park, wherever your family has decided to evacuate to. Your decision at the time may be determined by the event and location of the threat.
 - Do not leave your car where it will block the road or hinder firefighters.
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If a Fire Breaks Out in Your Home

- Call 911.** Call out or account for all family members and pets.
 - Test doors for heat using the back of your hand. If you feel any heat, don't open the door, and use an alternate exit.
 - If door is cool, open carefully, checking for smoke or flames.
 - Crawl with your head 12-24 inches above the ground to stay under the smoke.
 - Once you are out of a burning building, do not go back inside for any reason.
 - Meet your family in a designated meeting place.
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Mini-Survival Kits



There is no guarantee that you will be home when disaster strikes. Think about what you need if you must stay at work for several days, rely on your car for short-term shelter, or be forced to make your way home on foot. Storing your supplies in a small backpack will make them convenient to carry if you need to walk home.

Car Kit	Work Kit
<ul style="list-style-type: none"><input type="checkbox"/> Comfortable shoes and socks<input type="checkbox"/> A change of clothes<input type="checkbox"/> Nutritious snack food<input type="checkbox"/> Bottled water<input type="checkbox"/> Dust mask<input type="checkbox"/> Heavy work gloves<input type="checkbox"/> Coins for pay phone<input type="checkbox"/> Cash in small bills (\$50-\$100)<input type="checkbox"/> Flashlight & batteries<input type="checkbox"/> Waterproof matches<input type="checkbox"/> Portable AM radio<input type="checkbox"/> Toilet paper and sanitary supplies<input type="checkbox"/> Small first aid kit<input type="checkbox"/> Mylar space blanket<input type="checkbox"/> Tools: screwdriver, pliers<input type="checkbox"/> Fire extinguisher: A-B-C type<input type="checkbox"/> Flares<input type="checkbox"/> Heavy-duty trash bags<input type="checkbox"/> Duct tape<input type="checkbox"/> Scissors	<ul style="list-style-type: none"><input type="checkbox"/> Nutritious snack food<input type="checkbox"/> Bottled water<input type="checkbox"/> Comfortable shoes and socks<input type="checkbox"/> A change of clothes<input type="checkbox"/> Dust mask<input type="checkbox"/> Small first aid kit<input type="checkbox"/> Mylar space blanket<input type="checkbox"/> Flashlight with extra batteries<input type="checkbox"/> Portable AM radio<input type="checkbox"/> Heavy work gloves<input type="checkbox"/> Toilet paper and sanitary supplies<input type="checkbox"/> Plastic trash bag<input type="checkbox"/> Whistle<input type="checkbox"/> Cash and coins for phone calls<input type="checkbox"/> Duct tape<input type="checkbox"/> Scissors