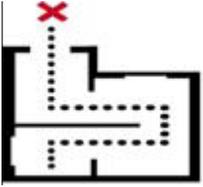


## CITY OF EL SEGUNDO EMERGENCY PREPAREDNESS



MAKE A PLAN



BUILD A KIT



GET TRAINED



VOLUNTEER



GIVE BLOOD

## EASY STORAGE EMERGENCY PREPAREDNESS KIT

Emergency preparedness kits are designed to be the basis for some of the supplies that may be needed to have available when an emergency or disaster happens. While the materials included in the kits are a good start, there is no kit that can provide all the supplies that individuals may need in an emergency. Your kit should be customized based on your own personal needs. Additional contents could include:

### Clothing and Bedding

- At least one complete change of clothing and footwear per person (jeans, shirts, socks)
- Sturdy (hard sole) shoes or work boots
- Seasonal weather gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear

### Tools and Supplies

- Flashlights and extra batteries
- Battery operated AM radio and extra batteries
- Whistle
- 2-3 person Tent
- Fire Extinguisher
- Mess kit, or paper cups, plates and plastic utensils
- Non-electric can open, utility knife
- Small Toolkit
- Crowbar or pry bar
- Duct Tape
- Matches in waterproof container
- Aluminum foil
- Paper, pencil
- Medicine dropper
- Shut-off wrench, (to turn off household gas and water)
- Plastic sheeting or all weather tarp
- Map of area
- Plastic storage containers

### Sanitation

- 5-gallon Bucket (Toilet)
- 55 gallon garbage bags
- Zip Lock Bags
- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Plastic garbage bags, ties
- Plastic bucket with tight lid

- Disinfectant, hand sanitizer
- Household chlorine bleach

### Water

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation) **Note:** Hot environments and intense physical activity can dramatically increase the amount of water that a person needs to drink.

### Food

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- High energy foods-peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Comfort/stress foods- Cookies, hard candy, sweetened cereals, instant coffee, tea bags

### Special Items

- Pack some money in an envelope - \$50.00 to \$100.00 in small bills and loose change (ATM's won't work)
- Medications (both prescription and non-prescription) that you take, including pain relievers, stomach remedies, etc. (Ask your physician or pharmacist about storing prescription medications)
- Extra eyeglasses
- Important family documents (in a waterproof, portable container)
- Inventory of valuable household goods,
- Important telephone numbers
- Entertainment- games and books
- Supplies for persons with special needs, such as infant, elderly or disabled persons
- Family or workplace disaster plan
- DO NOT STORE HAZARDOUS CHEMICALS WITH YOUR SUPPLIES – IT WILL CONTAMINATE YOUR CACHE.**