



EARTHQUAKE PREPAREDNESS SUPPLIES & CHECKLIST

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, 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

- First Aid handbook
- 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
- Adequate supplies of medications that you or family members are taking

TOOLS AND SUPPLIES

- Paper cups, plates, and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight with extra batteries and bulbs
- Cash or traveler's checks, in case banks are closed in the days following an earthquake
- Non-electric can opener and 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
- Crescent and pipe wrenches to turn off gas and water supplies
- Camp stove or barbecue to cook on outdoors (store fuel out of the reach of children)
- Waterproof, heavy-duty plastic bags for waste disposal.

Center Hardware & Supply Co., Inc.

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SANITATION

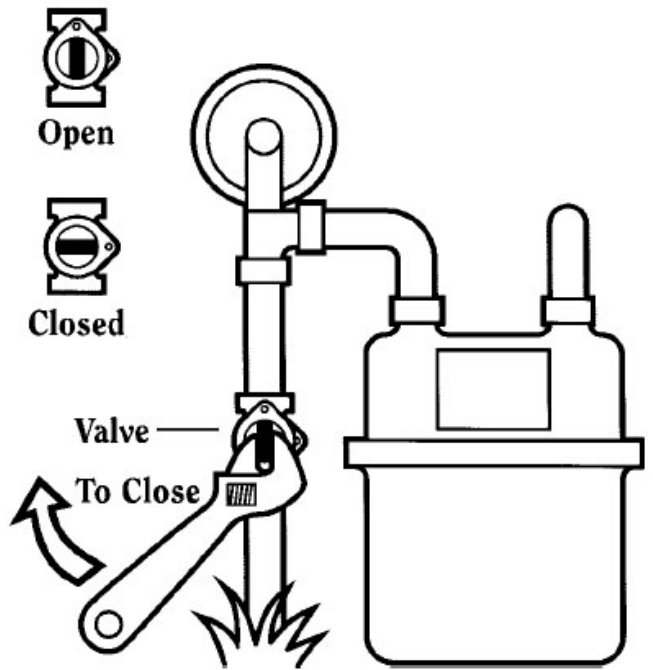
- Toilet paper
- Soap, liquid detergent
- Feminine supplies
- Plastic garbage bags and ties
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Poop bags and scooper for pet waste

CLOTHING AND BEDDING

- Sturdy shoes or work boots (keep near your bed)
- Rain gear
- Blankets or sleeping bags
- Warm clothing
- Sunglasses (keep your spare eyeglasses in the emergency kit, too.)

DOCUMENTS

- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)



GAS SHUT-OFF

NOTES

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Water Shut-Off

