



# EMERGENCY 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, and two quarts for food preparation and sanitation). Change this water every six-months.
- Use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Do not use bleaches that are scented, color safe, or have added ingredients.
- 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 liquid household 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.

Item	SKU	Location
Water - 1 gallon	1229	14B7
Bleach - 1 gallon	1498765	15A8

## Food

- Ready-to-eat canned meats, fruits, vegetables
- Canned juices, milk, and soup
- Sugar, salt, pepper
- High energy foods such as peanut butter, jelly, crackers, granola bars, and trail mix; foods that will not increase thirst.
- Foods for infants, elderly and any special dietary needs.
- Comfort/stress foods: cookies, hard candy, sweetened cereals, lollipops, instant coffee, and tea bags
- Pet food: one ounce per animal pound per day
- Avoid foods such as rice, pasta and dry beans that require a lot of water to prepare
- Restock your food once a year

## First Aid Kit

- First Aid Handbook
- Sterile adhesive bandages in assorted sizes (*Aisle Mid11*)
- Assorted sizes of safety pins (*SKU 9204892, Aisle MA10*)
- Cleansing agent/soap (*Aisle 15*)
- Latex or nitrile gloves (*Aisle 21A6-8*)
- Sunscreen
- 2-Inch sterile gauze pads (4-6)
- 4-Inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs: Pain relievers, etc (*Aisle MA10*)
- Various roller bandages
- Scissors (*Aisle W3*)
- Tweezers (*SKU 222030 Aisle DTP2*)
- Needle (*SKU 241 Aisle MA10*)
- Moistened towelettes (*SKU 803602 Aisle MID11*)
- Antiseptic (*Aisle Mid11*)
- Thermometer
- Tongue blades
- Petroleum jelly
- Adequate supply of prescription medication

### First Aid Kit (Various) – Aisle MID11

## Tools and Supplies

- Paper cups, plates, and plastic utensils (*Aisle 22A6*)
- Battery operated radio (*SKU 6238588 Aisle MA10*)
- Flashlight (*Aisles MA2-M 4*)
- Extra batteries (*Aisle BATT*)
- Cash in case the banks are closed
- Manual can opener (*SKU 6238588 Aisle 22A5*)
- Utility Knife (*Aisle 4B5*)
- Fire extinguisher (*Aisle MID15*)
- Pliers (*Aisle W6-8*)
- Tape (*Aisle 18A1-4*)
- Waterproof matches (*Aisle 22B4*)
- Aluminum foil (*Aisle 22A6*)
- Plastic storage containers (*Aisle BW31-36*)
- Signal flare
- Paper, pencil (*Aisle MA12-13*)
- Needles, thread (*SKU 9092701 Aisle MA10*)
- Medicine dropper
- Gas/Water Wrench (*SKU 47513 Aisle MA11*)
- Camp stove or barbeque and cooking fuel (*Aisle 22B5*)
- Waterproof, heavy-duty bags (*SKU 670 Aisle 14A1*)

## Sanitation

- Toilet paper (*SKU 6201842 Aisle 14B4-5*)
- Soap, liquid detergent (*Aisle 15*)
- Feminine supplies
- Plastic garbage bags with ties (*Aisle 14A2*)
- Plastic bucket with lid (*SKU 177140 Aisle BW20*)
- Disinfectant
- Household chlorine bleach (*SKU1498765 Aisle 15A8*)
- Poop bags & scooper for pets (*SKU 8199788 Aisle 14A4*)

**Center Hardware & Supply Co., Inc**

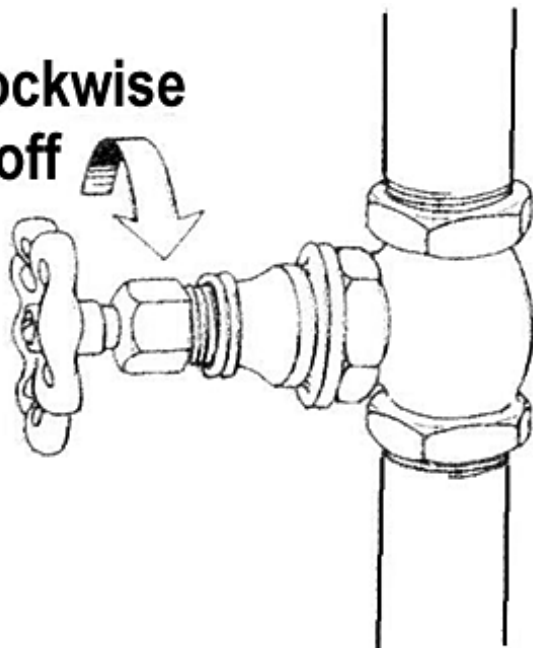
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## Clothing and Bedding

- Sturdy shoes or work boots
- Rain Gear (*Aisle 20A3-6*)
- Blankets or sleeping bags
- Warm clothing
- Sunglasses and spare eyeglasses

# WATER SHUT OFF

Turn clockwise  
to shut off



San Francisco Cell Phone  
Emergency/Ambulance

**415-553-8090**

California Poison Control

**800-222-1222**

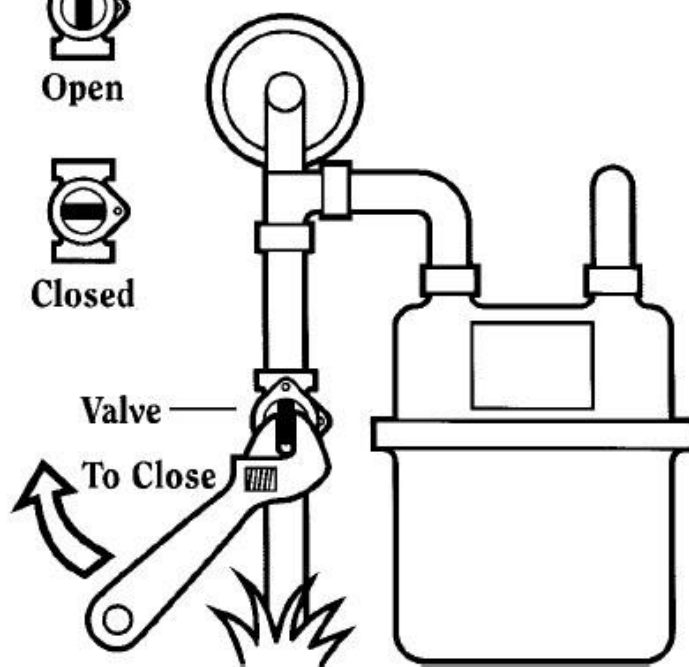
Animal Care and Control

**415-554-6364**

## Documents

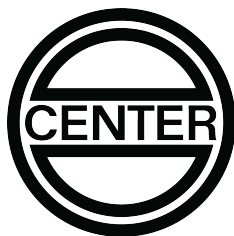
- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods
- Important telephone numbers
- Family records

# GAS SHUT OFF



**American  
Red Cross**

**USGS**  
science for a changing world



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