

# **Emergency Survival Kits Checklists**

## **Bedroom Kits:**

[Emergency Survival Kits](#) can be purchased already prepared for you or you can prepare your own. Have a few emergency survival items stored in a bag inside a hard hat under your bed or hooked to your bed that you can grab easily and take with you after an earthquake or when you hear the smoke alarm.

Include the following items in a bed bag for each member of your family:

- Hard hat
- Sturdy soled shoes, socks
- Disposable dust mask (earthquakes can cause vast amounts of dust)
- Complete change of clothing
- [Emergency Food](#) (MRE—"Meals Ready to Eat" or energy bar or snack foods, etc.)
- [Small First Aid Kit](#)
- Leather gloves
- [Flashlight](#) with extra batteries and spare bulb
- Whistle
- A house key (so you can get back into your house in case you exited through a window)
- Extra set of car keys for each car/driver (in case you forget where you put them last)

If you wear glasses, beware of where you put them at night – always put them in same place. A case velcro'd to the wall, bed frame or night stand will keep them from flying across the room during an earthquake. Or, if you prefer, get into the habit of keeping them inside a drawer with a safety latch. Or better still, put them inside your hard hat or backpack under your bed each night.

Also, attach a crow bar to the bed frame with a bungee cord in case your doors jam and you need to pry your way out of the house.

Here are some additional items you can include in your [Disasters Preparedness Backpack](#) (1 per family member) under your bed:

- [Rain gear or poncho](#)
- Beanie and gloves/mittens
- 1 quart water (minimum)
- Glasses or contact lenses (an lens care products) and reading glasses if you need them
- Family Disaster Plan information
- Emergency Medical Information
- [Pocketknife or Leatherman](#)
- Mess kit
- Shampoo, conditioner
- Deodorant/Antiperspirant
- Bar of soap
- Razor, shaving cream
- Toothbrush, toothpaste
- Wash clot
- Hand towel
- Lotion
- Chapstick
- Book, small games (deck of cards)
- Other items you think you might need or want

To complete your Disasters Preparedness Backpack, include emergency cash for your family (if possible \$500 should be more than adequate), duplicate ATM card, a credit card with plenty of available credit, and spare checks or other documents for identification.

### **Vehicle Survival Kit:**

The majority of people spend many hours in their cars every single week. A major disaster could force you to rely on your car for short term shelter and survival. Even a simple trip over a mountain pass can turn into a nightmare if things go wrong. You can purchase an [Auto Survival Kit](#) at websites like DisastersPreparedness.com or you can assemble your own kit in a backpack with some or all of the following items:



- [72 Hour Non-Perishable Food Supply](#) (MREs-Meals Ready to Eat or raisins, trail mix, nuts, crackers, power bars or energy bars, etc.) If you have a baby, include formula, bottles, and baby foods.
- Comfort foods. Almost any emergency seems less stressful with your favorite comfort foods around.
- Bottled water ([Mylar water bags with 5 year shelf life](#), 1 or 2 liter bottled water)
- [Basic First Aid Kit](#)
- Flares
- Heavy work gloves
- Fire Extinguisher
- Car repair items (wrenches, duct tape, jumper cables, tow rope reflective triangle, tire puncture seal, oil funnel, compact multi-function shovel, tire puncture seal, etc. a wrecking bar bungeed under your seat can help you bash you way out of your car if you're trapped, or bash into someone else's car who has become trapped. Use a towel to protect yourself from broken glass.)
- Battery operated radio (don't use up your car's battery listening to the radio or the news)
- Compass and local maps of the area(s) you frequently travel
- Flashlight with extra batteries and spare bulb
- Blanket(s) or sleeping bag(s)
- Tools (small shovel, ax, leatherman, etc.)
- Lip balm and hand lotion
- Plastic produce bags (put these over your feet inside your shoes to keep your feet dry) Stay warm and stay dry.
- Zip-Lock bags, sealable biohazard bags, toilet tissue, Kleenex, etc.
- Poncho (can be used for improvised shelter outside your car, rain, or privacy when nature calls) Bright colored ponchos can also be used as signal devices.
- Waterproof matches or lighter
- A votive candle in a mason jar (this will keep your car above freezing; be sure to crack your window, however)
- Cash: small bills and assorted change

The amount of these items that you include in your emergency vehicle survival kit will depend on how many people regularly travel in your car. A commute kit will differ from a vacation kit.

If your car breaks down and you have to leave your vehicle to get help, make sure that it is parked well off the right side of the road (not left). If you leave your car parked on

the left side of the road or on a freeway exit it will be towed and impounded at a great expense to you.

If you have a dog that travels with you, include dog food and count your dog as a person in your water needs.

All this stiff??? In the car??? Certainly, it can be quite compact if you are careful and use your nooks and crannies well. Remember, this is emergency supplies and it doesn't have to be handy. Look for compartments, pop up the back seat in your car if it isn't part of the trunk; use your spare tire compartment to the max; string hammocks underneath of your trunk; break up the supplies and store small items in glove compartments, under seats and in the flexible saddlebags on the backs of many front seats.

All kinds of various Emergency Survival Kits are available at [DisastersPreparedness.com](http://DisastersPreparedness.com). These kits contain sufficient emergency supplies for one person or more and they are compact in size in backpacks, buckets, etc. and handy for storing in your car.

### **Emergency Sanitation Supplies:**

The lack of sanitation facilities after major earthquakes can quickly create secondary problems unless basic guidelines are followed.

If the water lines are damaged or if damage is suspected, do not flush the toilet. Avoid digging holes in the ground and using these. Untreated raw sewage can pollute fresh ground water supplies. It also attracts flies and promotes the spread of diseases.

- Store a large supply of heavy duty plastic bags, twist ties, disinfectant, and toilet paper
- A good disinfectant that is easy to use is a solution of 1 part liquid bleach to 10 parts water. Dry bleach is caustic and not safe for this type of use.
- If the toilet is not able to be flushed, it can still be used. This is less stressful for most people than using some other container. Remove all the bowl water. Line it with a heavy duty plastic bag. When finished, add a small about of deodorant or disinfectant, securely tie the bag, and dispose of it in a large trash can lined with a sturdy trash bag and tight fitting lid, and eventually the city will provide a means to dispose of these bags.
- Portable camp toilets, small trash cans or sturdy buckets lined with heavy duty plastic bags can also be used. Those with tight fitting lids are best.

## **Emergency Sheltering Supplies:**

It is common for people to not want to sleep in their homes for the first few days following a major earthquake. Having an alternative means of shelter will help you and your family be as comfortable as possible.

Purchase your shelter supplies in the [Emergency Survival Kits](#) or you can make your own and secure the following supplies and keep them in a waterproof storage container outside your home:

- Tent and poles or water-proof tarps (rope or twine for emergency shelter construction)
- Sleeping bags or blankets, and pillows
- Camping lanterns with extra fuel, wicks, mantles and matches
- Camping stove, sterno stove or barbecue grill with extra fuel, charcoal/sterno, lighter fluid and matches (Caution: Never burn charcoal indoors. This could cause carbon monoxide poisoning.)
- Cooking gear (pots, pans, can opener, utensils, etc.)
- Battery powered transistor radio and extra batteries
- Fire extinguisher, small canister, ABC type