



The Basics

Keep your emergency supplies in one or two easy-to-carry containers. Backpacks and duffel bags work great for this. Put together an emergency supply kit for each person in your household and be sure to pack enough supplies to last each person at least 72 hours.



Additional Emergency Supplies

Once you've put together a basic kit, consider what unique needs your family might have. For example, you may want to add infant supplies, prescription eyeglasses, or activities for children. For more ideas, visit www.SJFD.org.



Maintain Your Emergency Supply Kit

Store your kit in a cool, dry place that's out of direct sunlight. Inspect your kit at least once a year. Check that your gear is in working order and that no items have expired. Replace items as needed and update your kit as your family's needs change.

Emergency Supply Kit



An emergency supply kit is a collection of critical items and basic necessities your household may need in the event of an emergency. Disasters can happen anywhere and anytime. Having an emergency kit is an important step to preparing and protecting your household from unforeseen events, like wildfires and earthquakes. The best time to prepare one is before disaster strikes.

Basic Emergency Supply Kit

ITEM	DESCRIPTION
Water	One gallon per person, per day, for several days.
Food	A three-day supply of non-perishable food.
Medications	Prescription and non-prescription medications, like pain relievers.
Radio	Hand crank or battery-powered radio with extra batteries.
Clothing	Extra change of clothing and comfortable shoes.
Poncho	A poncho will keep you dry in case it rains.
Flashlight	Include a flashlight in your kit in case you have to evacuate at night.
Whistle	A whistle can be used to signal for help.
Dust Mask	To help filter contaminated air.
First Aid Kit	You should be able to take care of any minor injuries.
Important Documents	Include copies of insurance policies, identification, and bank account records saved electronically or in a waterproof container.
Sanitation Supplies	Include items such as moist towelettes, garbage bags, and plastic ties.
Hygiene Supplies	Feminine supplies and personal hygiene items, like a toothbrush and toothpaste.
Emergency Blanket	An emergency blanket can help reduce heat loss in a person's body.
Pet Supplies	Bring food, extra water, and any medications for your pets.
Other Essentials	Include an extra set of car keys, credit cards, and cash.
Charger	Pack a cellphone with chargers and a backup battery.

