



SACRAMENTO EMPOWERED

Emergency Kit

CREATE AN EMERGENCY KIT AND PERSONALIZE IT FOR YOUR FAMILY'S NEEDS. CHECK EVERY SIX MONTHS TO BE SURE YOUR KIT STAYS UP-TO-DATE.

Basic Kit

- Flashlight and extra batteries
- First aid kit and first aid reference material
- Radio (Wind-up or battery-operated, with extra batteries)
- Local maps
- Water (One gallon per person and pet per day for at least three days)
- Food (At least a three-day supply of non-perishable food)
- Whistle, to signal for help
- Dust mask, to help filter contaminated air
- Moist toiettes, garbage bags and plastic ties, for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener
- Contact information for family and friends
- Infant formula and diapers
- ATM and credit cards and Cash and change
- Prescriptions (enough for a week), along with a list of medications and dosages for each family member and the reason for use
- Eye glasses, hearing aids, and other assistive devices (e.g. cane, walker, etc.)

Additional Items to Consider

- Portable phone
- Personal hygiene items (e.g. toothbrush, toilet paper, etc.)
- Mylar blanket
- Copies of important documents in a waterproof, portable container (e.g. photo ID, insurance cards and policies, bank account records, etc.)
- Plastic sheeting and duct tape, to shelter-in-place
- Sleeping bag or warm blanket for each person
- Household chlorine bleach and medicine dropper. To use as a disinfectant, dilute nine parts water to one part bleach. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Matches in a waterproof container
- Fire extinguisher
- Mess kit, paper cups, plates, plastic utensils, paper towels
- Pencil and paper
- Books and activities for children
- Written instructions for how to turn off electricity, gas, and water. Remember, you'll need a professional to turn them back on.