

Family Disaster Supply Checklist

July 2014



An earthquake's damage can extend for miles from the epicenter. Damage can range from collapsed buildings, bridges, overpasses, and roadways, to downed power and gas lines, fires, explosions, and landslides. In the event of a catastrophic earthquake, it is imperative that individuals prepare themselves for self-sufficiency in case rescuers are delayed in their response.

In this month's bulletin, with the support of Councilmen Tom LaBonge and Mitchell Englander, the City of Los Angeles Emergency Management Department (EMD) will highlight some essential items that should be contained in a Disaster Supply Kit.

Important Family Documents

- Identification: Driver's licenses, birth certificates, passports, social security cards & bank account information, recent photographs of family members
- Insurance, loan documents, wills, trusts, certificates
- A list of family members with contact information(home, cell, work, address)
- Copy important documents to a flash drive and place in another secure remote location

Medical

- Medical provider information
- Medications and when you need to take them
- At least a seven-day supply of prescribed medicines and if possible, copies of prescriptions
- If medications require refrigeration or special handling, make special plans (e.g., cold packs, ice cooler, mini refrigerator)

First Aid Kit

- Bandages, gauze, wipes, rubber gloves
- Rubbing alcohol and hydrogen peroxide

Tools

- Battery, solar powered or hand-crank AM/FM radio
- Flashlight with extra batteries
- Wrench for turning off gas

Supplies

- Cash - at least \$100-200 in small bills per person
- Soap, toilet paper, toothbrush/paste and plastic bags
- Two complete sets of clothing and shoes per person
- Blankets or sleeping bags for each person
- Extra set of keys
- Feminine products

Water and Food

- Water – 1 gallon per person per day including infants and children (a week's supply labeled with expiration date)
- Non-perishable food that does not require refrigeration, preparation/cooking, and little or no water
- Extra food (remember special dietary needs)

Disability, Access and Functional Needs

If you are a person with a disability, have impairment or limited mobility, make sure your emergency kit includes items specific to your needs and have a list of the following:

- Items to assist with communication (pens, paper)
- Seven-day supply (minimum) of food for the IV
- IV/Feeding tube and equipment supplies that may be needed on a daily basis (tubing, solutions, medications)
- Adaptive or supportive equipment and extra batteries
- Instructions on how to operate any special equipment

For Baby / Children

- Formula and bottles/Snacks
- Diapers
- Medications
- Sanitary supplies
- Familiar toy or book
- Car seat

For Pets and Service Animals

- Identification tags
- Extra food and water
- Clean-up supplies
- Medicine
- Transport case
- Leash