

## *The M+G+R Foundation*

### **Supply List for Disaster Preparation**

**A Guest Document by Lee Penn**

This list of preparedness suggestions was originally prepared for a neighborhood disaster planning group in northern California in 2004. It addresses physical preparation for natural and man-made disasters.

Spiritual preparation is even more important; a Christian perspective on this is may be found at <http://www.mgr.org/sharing.html>

#### **Highest-priority items for earthquakes, blackouts, storms, and similar events**

- Water – 1 gallon per person per day for 3 days
- Non-perishable food – 3 days' supply per person
- Prescription medications – 3 days' supply per person
- First aid supplies
- Portable, battery-powered radio
- Flashlights and lanterns
- Supplies for babies and toddlers – 3 days' supply per child
- Sanitation items – 3 days' supply per person

#### **How long to prepare for?**

- **Minimum:** most sources call for being prepared to be self-sufficient for 3 days. The Los Angeles Fire Department recommends 7 days as a minimum for earthquake preparation.
- **Maximum:** FEMA says: “consider having additional supplies for sheltering or home confinement for up to two weeks.” Los Angeles recommends preparing for up to 3 weeks.

## What's on this list

Rescue teams will need the same supplies as individuals and families, as well as the additional items specified for rescuers.

- Food and water
- Clothing
- Safety/rescue
- Financial and legal
- Sanitation
- Health and first aid
- Shelter
- Blackout-related
- Transportation
- Pet care
- Baby and child care
- In-office emergency/evacuation kit
- In-home evacuation kit
- Supplies for the disabled
- Emergency preparation check lists used
- Where to buy

## Food and water

- Water
  - Minimum: 1 gallon per day per person, for 3 days.
    - Double this amount for hot weather.
    - Children, nursing mothers, the ill, and those who are doing heavy physical work may need more than 1 gallon per day.
    - Water quantity includes needs for drinking (2 quarts/day), food preparation, and sanitation.
    - If stored food includes powdered and dehydrated food, additional water may be needed.
  - Place acquisition date on containers. Rotate every 3-6 months.

## Supply List for Disaster Preparation

- Even if water supplies are scant, give people as much water as they need to maintain health, as long as supplies hold. People can survive weeks of short food rations; short water rations can lead to dehydration, serious illness, and death within days.
- If traveling by auto, added water may be needed for the radiator.
- Food
  - Store at least 3-7 days' supply for the household
  - Place acquisition date on containers. Rotate every 6 months. (Some food will keep longer than this period; check for leaks, rust, bulges in cans, mold, bad smells, etc. before consuming.)
  - Food can be rationed, except for children and pregnant women.
  - Ideas about food to purchase for storage, and usable items from routine food supplies. Try to approximate what the family will eat in normal circumstances:
    - Packaged food: hikers' supplies; military-style "Meals Ready to Eat," etc.
    - Canned or dried meat, poultry, or fish
    - Hard sausage (salami, etc.) that does not need refrigeration
    - Canned or dried fruit
    - Canned vegetables
    - Fruit or vegetable juices - canned or boxed or powdered
    - Milk (dairy or soy) - canned or boxed or dried
    - Dried eggs
    - Hard cheese (i.e., Parmesan) that does not need refrigeration
    - Soup - canned or dried
    - Nut butters – check labels, to ensure that opened jars do not need refrigeration. (Nuts can go rancid after long storage; taste a small amount to test.)
    - Jellies, jams, and honey
    - Crackers
    - Granola bars, etc. (Items with nuts can go rancid after long storage.)
    - Trail mix (Items with nuts can go rancid after long storage.)
    - Nuts ((Nuts can go rancid after long storage; taste a small amount to test.)
    - Vitamins - i.e., one-a-day multivitamins
    - Cookies
    - Hard candy (has a very long shelf life)
    - Instant coffee, tea, or cocoa
    - Dry or instant cereals
    - Salt

## Supply List for Disaster Preparation

- Pepper
- Sugar
- Sodas and/or sport drinks (i.e., Gatorade) Note that sodas can go flat, and may have a shelf life of less than 6 months. Ensure that soda has not fermented or acquired mold. As an alternative, consider using powdered drinks with water.
- Manual can opener
- Water purification
  - Household chlorine bleach – unscented; no other active ingredients
    - 1 gallon.
    - Use to purify domestic water supply – 16 drops of bleach per gallon of cloudy water, and 8 drops per gallon of clear water.
  - Medicine dropper, to measure bleach for water purification
  - Water purification kit (as an alternative to bleach)
  - Cheese cloth (to strain particles from water)
- Cooking devices, for use without electricity
  - Camp stove or gas barbeque stove – propane is preferable, since its fuel is safer to store
  - Fuel for stove
  - Use emergency stove outdoors only
  - A charcoal barbeque pit is an alternative; have coal, starter fluid, and matches on hand.
- Paper plates and cups
- Plastic utensils (forks, spoons, knives)
- Large plastic trash bags, to hold litter

### **Clothing**

- Change of clothes/shoes – 1 or 2 per person
- Heavy clothes
  - Heavy boots and/or shoes; break in before the emergency
  - Socks for heavy shoes
  - Heavy work gloves
- Sun glasses and hats
- Rain gear
  - Rain hats
  - Rain coats

## Supply List for Disaster Preparation

- Protective pants
- Waterproof ponchos
- Clothing repair items
  - Sewing needles
  - Thread
- Cold weather clothes
  - Hats
  - Gloves
  - Parkas
  - Thermal underwear
- Additional items needed for rescue teams:
  - Hard hat
  - Helmets
  - Latex gloves
  - Goggles or other eye protection
  - Dust mask
  - Knee pads
  - Identifying vests and other ID

### **Safety/rescue**

- Emergency preparedness manual
  - Guidelines are also in pp. B-1 to B-6 of the local White Pages in many areas.
- Utility knife (i.e., Swiss Army knife; box cutter)
- Razor blades
- Lighting
  - Automatic power failure lights
    - These plug into wall sockets, and automatically turn on if the power fails; the LA fire department estimates their cost at \$10-20 each.
  - Flashlights; LED flashlights are preferable.
  - Chemical light sticks; caution: they break easily, and need to be packed with care as a fragile item
  - Battery-powered lanterns
    - These are preferable to candles or to lanterns which use flammable fuel
- Matches, preferably in waterproof container

## Supply List for Disaster Preparation

- Hand-held FRS radios for communications within your group, when cell phones are down (as they will be during a major disaster). These devices are similar to walkie-talkies, and will have a 2-4 mile communications radius.
- Portable, battery powered AM/FM radio
  - Ideal: radio with short wave capability.
  - Learn the location of short wave stations, and how to use the radio, before the emergency.
- Extra sets of batteries for battery powered devices (flashlights, radios, etc.)
  - Be sure to rotate battery supplies!
- Fire extinguisher – ABC type (multi-purpose)
  - Los Angeles recommends dry chemical fire extinguisher, with “minimum size rating of 2A-10BC.”
- Rope – ½” coil – 25-50 feet
  - Los Angeles also recommends ¼” and ¾” rope coils
- Coil of wire
- Basic tools
  - Screwdrivers - regular and Phillips
  - Pliers
  - Hammer and nails
- Adjustable shutoff wrenches for gas and water
  - Know how to shut off gas, water, and electricity before the emergency. (Turn off gas only if building is significantly damaged, or if a leak is detected/suspected.)
  - Hardware stores in quake-prone areas often sell wrenches specifically designed for utility shut-off; hang this by the back door.
- Duct tape and masking tape
- Garden hose
- Broom and dust pan
- Whistle
- Self-defense devices
- Additional items needed for rescue teams:
- Additional bulbs as needed for flashlights and lanterns
- Rescue tools for prying, cutting, and battering
  - Axe or maul; 6 lb. minimum.
  - Crow bar or claw tool – 36” or longer
  - Saw
  - Other carpentry tools

## Supply List for Disaster Preparation

- Shovels – flat head and pointed
- Ladder
- Signal flare

### **Financial and legal**

- Cash – small bills and change.
  - Travelers' checks may not be usable during some emergencies
- Quarters - \$10 roll, for use in pay phones
- Credit card/ATM card
  - Not a substitute for cash, if the emergency causes widespread power failures or banking system difficulties
- Personal ID, for every family member
- Items that may be needed if evacuating:
  - Watch
  - Cell phone and adapter
  - Paper, in zip-lock bag
  - Pens
  - Stamps
  - Critical household and financial documents, if evacuating; keep in waterproof container:
    - Wills, insurance policies, contracts, deeds, stocks and bonds
    - Passports, social security cards, immunization records
    - Bank and brokerage account numbers; contact numbers
    - Credit card and loan account numbers; contact numbers
    - Inventory of household goods
    - Essential phone numbers and addresses
    - Birth certificates, marriage certificates, adoption records, custody papers, immigration records, and other family records and legal papers
    - Contact list - friends and family
    - List of doctors
    - Health insurance ID
  - Laptop computer with all personal and business documents
  - Backup CD or DVD of personal and business documents
  - Religious/devotional items
  - Entertainment items: books, games, cards, etc.

## Supply List for Disaster Preparation

- Additional items that may be needed by rescue teams:
  - Note pad, with pens and pencils, in zip-lock bag
  - Marker pens in various colors
  - Other supplies, as dictated by the management of the rescue teams

### Sanitation

- Toilet paper
- Feminine hygiene supplies
- Waste management
  - Heavy duty aluminum foil
  - Plastic wrap
  - Zip-lock bags
  - Heavy duty, large plastic garbage bags, with ties – i.e., 30 gallons or larger
  - Small and medium-size plastic bags
  - Large trash cans
  - Plastic buckets with tight lids
  - Chemical toilet (i.e., portable camp toilet)
- Paper towels
- Disinfectant solution (i.e., rubbing alcohol, hydrogen peroxide)
- Spray disinfectant
- Cleaning
  - Bar soap
  - Liquid detergent
  - Waterless hand wipes (i.e., Handi-Wipes, Wet-N-Drys)
- Grooming
  - Safety razors and other shaving supplies
  - Nail clipper and file
  - Hair comb or brush
  - Shampoo
  - Deodorant
- Dental needs
  - Toothpaste
  - Toothbrush
  - Dental floss
  - Denture supplies



## Health and first aid

- First aid kit
  - Medication for pain relief
  - Bandages
    - 2-4 sanitary napkins (for control of bleeding)
    - Sterile eye pads
    - Sterile adhesive bandages (i.e., Band-Aids) - assorted sizes
    - Butterfly bandages
    - 2-inch sterile gauze pads (2-4)
    - 3 X 3-inch sterile gauze pads (2-4)
    - 4 X 4-inch sterile gauze pads - (2-4)
    - 5 X 9-inch sterile dressing (1)
    - Hypoallergenic adhesive tape - 1 inch and 2 inch widths, 1 roll each
      - Rotate every 6 months
    - Triangular bandages (2)
    - 2-inch, 3-inch and 4-inch sterile roller bandages (2-3 rolls) - Kerlex, Kling, etc.
      - Use to wrap over dressings and to secure splints
    - Ace bandage
  - Packs for injuries
    - Chemical ice packs - 2
    - Instant hot packs
  - Instruments
    - Scissors
    - Tweezers
    - Sterile needles
    - Thermometer - digital, preferably
    - Tongue blades (2)
  - Cleansing and disinfection
    - Moistened towelettes
    - Cotton swabs
    - Antibiotic ointment
    - Antiseptic solution (i.e., iodine)
    - Waterless alcohol-based hand sanitizer
    - Antiseptic wipes
    - Rubbing alcohol

## Supply List for Disaster Preparation

- Soap
- Crazy glue (use after cleaning wound, to close wound as an emergency alternative to stitches)
- Tube of petroleum jelly or other lubricant
- Safety pins - assorted sizes
- Latex gloves (2 pair) – medical grade
- Pen light or small flashlight
- Additional items for rescue team or for an apartment complex:
  - Saline solution
  - Splints
  - Additional quantities of items listed above
  - Surgical masks
  - Pocket mask for CPR
- First aid manual (i.e., Red Cross)
- Prescription medicines and essential non-prescription medications for each family member
  - Prescription medicines - ensure that they are current
    - Insulin and other diabetic supplies
    - Heart and high blood pressure medication
    - List of all prescriptions for each family member
  - Non-prescription medicines – examples:
    - Aspirin
    - Non-aspirin pain relievers
    - Anti-diarrhea medicine
    - Antacid/Pepto-Bismol
    - Laxatives - or fiber packets
    - Eye drops
    - Ear and nose drops
    - Antihistamine
    - Medications for cold and cough
- Water in foil packets, for use with medicine
- Assistive devices, as applicable
  - Eye glasses, preferably with hard case
  - Extra pair of contact lenses
    - Contact lens supplies (cleaner, disinfectant solution, etc.)
  - Batteries for hearing aids and other assistive devices

## Shelter

- Camp supplies, if evacuating, or if the house is uninhabitable
  - Compass
  - Sleeping bag
  - Lantern
  - Backpack; heavy duty
  - Thermal blankets (i.e., aluminum space blanket), or other warm blankets
  - Tarps (PVC or canvas, 8 ft. by 10 ft.)
  - Durable/outdoor pillow
  - Heavy duty cooking and eating utensils (i.e., mess kits)
- Extra pair of house keys
- Sun screen
- Insect repellent with DEET
- Insecticide spray
- Window replacement
  - Plastic tape
  - Heavy, clear plastic sheeting
  - Staple gun, with spare staples

## Blackout-related

- Surge suppressors
- Extra fuses
- Inverters to hook up to car batteries, to run small 120-volt devices

## Transportation

- Automobile
  - Keep gas tank at least half full
  - Extra pair of car keys
  - City and regional road map
- In-auto emergency kit
  - Day pack or carrying bag
  - Non-perishable food
    - Manual can opener, if needed for items kept here
  - Water (bottles or pouches)
  - Transistor radio and batteries
  - Flashlight and batteries
  - First aid kit

## Supply List for Disaster Preparation

- Work gloves
- Several days of essential medication
- Blanket, sleeping bag, or space blanket
- Sealable plastic bags
- Pre-moistened towelettes
- Matches and lighter
- Walking shoes and extra socks
- Change of clothes
- Jacket
- Cash – small bills and coins
- Flares
- Jumper cables
- Tool kit: screw drivers (regular and Phillips), pliers (needle, water pump, and regular), hammer, wrenches (crescent and open end/box end), etc.
- Spare parts, for emergency parts replacement
- Bicycle
- Bicycle repair kit, pumps, and other spare parts

### **Pet care**

- Food
- Water
- Restraint - leash or carrier
- Medication

### **Baby and child care**

- Formula
- Bottles
- Pacifier
- Soap and baby powder
- Baby wipes
- Diapers - disposable
- Clothing
- Blankets
- Food - canned or bottled; non-perishable
- Juices - canned or bottled; non-perishable
- Powdered milk
- Medications

### **In-office emergency/evacuation kit**

- Prepare to be stranded for up to 72 hours
- Consider purchase of a pre-packaged earthquake supply kit
- Container: duffle bag or day pack
- Dry food: candy bars, dried fruit, cookies, crackers, dried meat, etc.
- Drinks in bottles or pouches – water, fruit juice, etc.
- Walking shoes
- Essential prescription medications
- Routine over-the-counter medications
- Flashlight and batteries
- Chemical light sticks
- Matches
- Transistor radio with extra batteries
- Small and large plastic bags
- Personal hygiene items

### **In-home evacuation kit**

- Container: backpack, duffle bag, or covered, clean trash can
- Contents:
  - 3 days of essential supplies for family members
  - See list of items for auto emergency kit

### **Supplies for the disabled**

- Depends on the specific needs of each disabled person.
- Examples:
  - Wheelchair batteries
  - Oxygen tanks
  - Catheters
  - Supplies for guide dogs or hearing dogs

## Emergency preparation check lists used

- Pacific Gas & Electric preparedness list, 2003
- California Governor's Office of Emergency Services - "Emergency Supplies Checklist," at [http://www.oes.ca.gov/Operational/OESHome.nsf/PDF/Emergency%20Information%20Current/\\$file/Checklist.pdf](http://www.oes.ca.gov/Operational/OESHome.nsf/PDF/Emergency%20Information%20Current/$file/Checklist.pdf)
- ABC news story, 2/11/03 "Emergency planning - FEMA offers tips for creating a disaster plan"
- ABC news story, 2/12/03, "Are You Ready? – Tips on Preparing Your Home to Weather Terrorism Attack"
- FEMA/Red Cross pamphlet, "Your Family Disaster Plan"
- FEMA/Red Cross pamphlet, "Your Family Disaster Supplies Kit"
- Disaster preparedness and first aid information in the local White Pages
- American Red Cross, "Disaster Supplies Kit," 2003
- Los Angeles Fire Department, "Emergency Preparedness," August 2008 edition, on-line at <http://lafd.org/eqbook.pdf>, viewed 02/07/09.
- Neal Rawls and Sue Kovach, *Be Alert, Be Aware, Have a Plan: The Complete Guide to Personal Security*, Lyons Press, 2002, 1st ed. A good, comprehensive preparation and security book; available through Amazon.
- Working documents prepared in 2003 and 2004 from the Corwin St./Douglass St. Disaster Planning group, a San Francisco neighborhood disaster planning committee.

## Where to buy

Aside from buying the above items at local retailers, another option is on-line purchase of emergency kits (evacuation kits, at-office kits, first aid kits, food for long-term storage, and the like). These retailers tend to be expensive, but offer convenience.

- Examples:
  - Emergency Preparedness Service, at <http://www.emprep.com/>
  - Emergency Preparedness Information Center, at <http://theepicenter.com>

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*"But you watch. Behold, I have told you all things beforehand." [Mk 13:23]*