

Disaster Supply Kit Checklist

A friendly reminder from the City of San Diego CERT



It is very important to put together a disaster preparedness kit to give your family the best chance of survival in the event of an emergency. The City of San Diego CERT has taken the recommendations from the Federal Emergency Management Agency (FEMA), the American Red Cross (ARC), and the California Governor's Office of Emergency Services (CGOES) and have developed the checklist below.

1. Top of Container

- Flashlight
- Radio



First Aid Kit (including)

Medication:

- Antibiotic ointment
- Aspirin tablets
- Ipecac
- Prescription medication



Dressings:

- Adhesive tape. 2" wide roll
- Sterile bandage, 2" & 4" wide roll
- Bandages, plastic strips
- Cotton-tipped swabs
- Rubbing Alcohol
- Sterile absorbent cotton
- Ace bandage
- Butterfly bandages
- Gauze pads



Miscellaneous:

- Scissors
- Tweezers
- Thermometer
- Petroleum jelly
- Rubbing alcohol
- Tissues
- Pocketknife
- First Aid Handbook



2. Middle of Container

Food and Water

Three day supply of food and water requiring no refrigeration. Write out a menu for each day.

Examples:

- Canned tuna or pork & beans (1/2 lb./person)
 - Nonfat dry milk (1/2 lb./person)
 - Graham crackers (1/2 lb./person)
 - Dried apricots (1/2 lb./person)
 - Canned orange or tomato juice
 - Peanut butter (1/2 lb./person)
- * This supplies daily 2000 calories and essential nutrients

3. Bottom of Container

Bedding:

- Sleeping bag/blankets
- Plastic sheet/trap

Clothing:

- One change/person

Personal Supplies:

- Toiletries
- Towel
- Good book
- Paper/pencil

Equipment:

- Can opener
- Dish pan
- Dishes (disposable)

Utensils (disposable):

- Ax
- Shovel
- Bucket (plastic bag liners)

Infant Needs:

- Formula
- Diapers
- Bottle

Money:

- Cash
- Coins



Personal Documents:

- Photocopies of ID and credit cards

Fuel and Light:

- Matches
- Candles
- Signal flares
- Sterno (canned fire gel)

Other:

- Water purification tablets
- Liquid chlorine/bleach
- Eye dropper
- Pet food



For more information, call (619) 553-4453 or visit www.certsandiego.org

