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