

Be Prepared: Disaster Supply Kit

Water- one gallon per day per person, for 3 days

- Two quarts for drinking
- Two quarts for hygiene
- Purification tablets
- Water can be purchased in **cartons** for longer storage (*better than plastic bottles*)

Food

- Use food in refrigerator first, followed by freezer, followed by non-perishable food
- Ready to eat canned goods
- Canned juices, milk, soup
- High energy foods: peanut butter, granola bars, jelly, crackers, trail mix
- Comfort foods: cookies, candy, instant coffee, tea bags

First Aid Supplies

- Sterile adhesive bandages, assorted sizes
- 2 and 4-inch gauze pads
- Roller bandages
- Triangular bandages
- Aspirin/pain reliever, antacid
- Antiseptic, towelettes
- Scissors, tweezers
- Adhesive tape
- Sunscreen

Clothing & Bedding

- Sturdy shoes or boots
- Rain gear
- Mylar space blankets or sleeping bags
- Hat and gloves
- Heavy duty leather/suede gloves

Tools & General Supplies

- Battery operated radio
- Flashlight and extra batteries
- Manual can opener
- Utility knife
- Pliers
- Matches in waterproof container
- Cell phone and charger
- Duct tape
- Rope
- Whistle
- Toilet paper
- Map of the area
- Soap, liquid detergent
- Garbage bags
- Bleach
- Plastic bucket with lid
- Paper, pen, pencil

Non-First Aid Medical Supplies

- Heart and high blood pressure medication
- Diabetic prescription drugs
- Denture needs
- Contact lenses and supplies, extra glasses
- Mobility aids - walker, cane

Pet Supplies

- Food, water, bowls
- Comfort food & snacks
- Pet carrier/leash
- Pet vaccination/registration records
- Pet medications



SANTA CLARA COUNTY FIRE DEPARTMENT • 408.378.4010 • www.sccfd.org

Proudly serving the communities of Campbell, Cupertino, Los Altos, Los Altos Hills, Los Gatos, Monte Sereno, Saratoga and the unincorporated surrounding areas