



Southern California Preparedness Foundation

Personal Emergency Preparedness Kit

Keep your kits where they will be readily available during an emergency or disaster

In preparing your personal Emergency Preparedness kit, there are a multitude of lists available, including ours, which provide suggested and recommended items that you should have at the ready. There are also many pre-packed kits on the market. We are always asked for suggestions as to what to put in “my” kit, and then the big question, “What does all this cost?” Therefore, we have provided the contents of a great kit, listed below, that includes precise prices and locations where you can get these items (see also our [Where To Purchase Emergency Preparedness Supplies](#) and [Suggested Items for 72-hour \(Grab-and-Go\) Emergency Preparedness Kit](#)). You will need to customize these lists to suit your individual and particular circumstances.

Total cost is **\$59.62**. (Plus sales tax. Prices effective as of date of publication and are subject to change.)

Misc.

Oversize Backpack	\$19.00 (SOS Survival)
Plastic Shoeboxes to Store Supplies (2)	\$1.98 (99 Cent Store)
Bottled Water 34 oz. (2)	\$0.99 (99 Cent Store)
Roll of Toilet Paper	\$0.39 (99 Cent Store)
LA County Emergency Survival Guide	FREE

Box One Contents

4x4 Sterile Gauze Pads (20)	\$0.80 (1,200 for \$48.31—Amazon)
Alcohol Swabs (20)	\$0.40 (100 for \$1.98—Wal-Mart)
Antibacterial Wipes (30)	\$0.99 (99 Cent Store)
Antibiotic Ointment	\$1.99 (2 for \$3.98—Wal-Mart)
Bandage Roller (Gauze)	\$0.99 (99 Cent Store)
Band-Aid® First Aid Kit	\$3.33 (3 for \$9.98—Costco)
Elastic Bandage	\$0.99 (99 Cent Store)
Gauze Rolls 3 Pack	\$0.99 (99 Cent Store)
Ibuprofen Tablets (40)	\$0.99 (99 Cent Store)
Medical Exam Gloves (5 pair)	\$0.50 (400 (200 pair/box) for \$19.98—Costco)
Purell® Hand Sanitizer	\$0.99 (99 Cent Store)
Scissors	\$0.50 (2 for \$0.99—Bargain World)
Sports Tape	\$0.99 (99 Cent Store)
Tissue (Facial) Paper	\$0.12 (8 for \$0.99—99 Cent Store)
Waterproof Tape	\$0.99 (99 Cent Store)

Box Two Contents

Bags for Waste (2)	\$0.10 (20 for \$0.99—99 Cent Store)
Chemical Light Stick	\$0.99 (SOS Survival)
Emergency Mylar Blanket	\$1.29 (SOS Survival)
Extra AAA Batteries (9)	\$2.88 (48 for \$15.48—Costco)
Extra Flashlights with batteries (2)	\$3.33 (6 for \$9.99—Home Depot)
Flashlight with batteries	\$4.98 (Home Depot)
Leather Gloves	\$1.49 (12 for \$17.89—SOS Survival)
Mechanical Pencil	\$0.46 (12 for \$5.49—Staples)
Memo Book	\$0.25 (4 for \$0.99—Bargain World)
N95 Masks (3)	\$1.50 (20 for \$9.98—SOS Survival)
Raincoat	\$0.99 (99 Cent Store)
Safety Goggles	\$1.55 (SOS Survival)
Whistle, Compass ,Thermometer	\$1.90 (A Plus Survival)



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Suggested Additional Items

(Refer also to *Suggested Items for 72-hour (Grab-and-Go) Emergency Preparedness Kit*)

- Baseball Cap or Wide-Brimmed Hat
- Can Opener (“GI-style”)
- Cellphone charger (wall adapter, car, solar, battery backup, etc.)
- Change of Clothes and/or Sweat Shirt & Pants
- Energy Bars, Peanut Butter, Crackers
- Extra Potable Water
- First Aid Book
- Leatherman[®]-Style All-Purpose Tool
- Personal Hygiene Products
- Playing Cards
- Portable Radio with Extra Batteries
- Utensils
- Walking Shoes (comfortable!)
- Water Filter or Bottle
- Water Purification Tablets
- Waterproof Ziplock[®] bag containing:
 - cash in small bills and coins
 - local map
 - info for out-of-state contacts, children’s schools, family members, doctors
 - insurance policy numbers and agent’s phone numbers
 - financial information
 - credit/debit card(s)

“As Needed” Items to Include

- Baby Wipes
- Diapers
- Eyeglasses and/or Contact Lens Supplies
- Formula for Babies and Young Children
- Hearing Aid Batteries
- Prescription Medication