



# Southern California Preparedness Foundation

## Suggested Emergency Preparedness Items

### Backpack Items in Vehicle

Water purification tablets	Insurance policy numbers and phone numbers for agents
Electrolyte replacement tablets	Plastic goggles
Food and/or energy bars	N95 (or better) breathing masks
Emergency blanket/sleeping bag	Leather-palmed gloves
First aid supplies (see below)	Tissues, toilet paper, baby wipes
AM/FM radio—solar, battery (extra batteries) or wind-up	Bags for disposal of biohazard (human) waste
Flashlight—solar, battery (extra batteries, bulb), crank	Antibacterial hand wipes
Medications (check with your doctor, and rotate stock)	Sealable plastic bags for disposal of trash
Eyedrops (dust fighter)	Small writing pad and pen/pencil
Small bottle of sunscreen	Walking shoes and socks
Cash (small bills and change)	Cap or hat (or hardhat)
Contact lens supplies (if applicable)	Hooded jacket and/or sweatshirt
Hearing aid batteries (if applicable)	Whistle on a neck cord
List of prescription numbers, name of drugs, and dosage	Sunglasses and reading glasses
Phone numbers of doctors and pharmacies	Maps (Valley, L.A., city and state)
Personal phone book/out-of-state contacts	Compass (GPS receivers don't work everywhere)
Email addresses	Fan (personal)
Exam gloves (nitrile, non-latex)	Water (1 gallon/person/day minimum)
Triangular bandages (several)	Spade (for digging, etc.)

### Suggested Additional Backpack Items

#### General Items

Extra water  
Additional food bars  
Snack items (freeze-dried fruit, unsalted nuts, etc.)  
Extra batteries for radio and flashlight (if applicable)  
Personal hygiene products  
Swiss army knife or all-purpose tool  
Bandanas (use as a sling, bandage, wet for personal cooling, etc.)  
Light sticks  
Head lamp  
Hand cream and lip balm  
Playing cards  
Water bottle or tank  
Water purification tablets  
Plastic poncho  
Jeans & belt  
T-shirt  
Waterproof matches/tinder

#### First Aid Kit in a Plastic Bag

Small first aid book  
Hydrogen peroxide  
Antiseptic wipes (Bactine®, peroxide, etc.)  
Antibiotic ointment with pain reliever  
Band-aids (various sizes)  
Gauze pads and rolls (various sizes)  
Tape (various kinds and sizes)  
Scissors, needle, and tweezers  
Alcohol wipes to sterilize above items  
Elastic bandages with clips  
Your favorite painkillers (aspirin, Tylenol®, etc.)  
Eye wash, eye pads  
Burn gel and sting reliever  
Cold packs  
Examination gloves (nitrile, vinyl, non-latex)  
Moleskin® (or equivalent)

**Enroll in CERT, CPR, and First Aid classes now**



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## Roadside Kit

Reflectors and road flares	Hammer
ABC fire extinguisher (flammable liquids & electrical)	Screwdrivers (assorted)
Safety goggles	Pliers (assorted)
Leather-palmed gloves	Wire cutters, dikes
N95 (or better) breathing masks	Wrenches (assorted)
Inverter (200 - 300 watt, 120 volts AC from car battery)	Vinyl sheets (for lying or kneeling on)
Flashlight with extra batteries and extra bulbs	WD-40 or other lubricant
Crow bar, pry bar	Duct tape
Shovel	Scissors
Writing pad and pencils/pens	Electrical tape
Disposable camera	Radiator sealant
Car potty	Radiator hose tape
Car shades (for windshield and other areas of car)	Fuses (for <u>your</u> car) and fuse puller
"NEED HELP/OK" sign	Hose clamps (assorted)
Cell phone charger	Rags/paper towels
Bungee cords	Hand cleaner
Funnel	Glass cleaner
Siphon and hose	12-volt work/drop light
Jumper cables/terminal cleaner/emery boards	Know how to operate your vehicle's car jack
Tire pressure gauge	Warm blankets (for you and passengers)
Fix-A-Flat®	Trash bags
Air pump/compressor (12 volt or manual)	Extra wiper blades (sealed)
Knife	Knee pads

## Pet Kit

### Miscellaneous items

Pet carrier  
Leash/harness/collar  
Spiral ground stake (screws into ground) and chain  
Water and bowl (collapsible bowls are available)  
Food, treats, and bowl (rotate food often -- talk with vet)  
Manual can opener and spoon (if needed)  
Medications (rotate meds often -- talk with vet)  
Waterproof container with vet name, address, phone number, vaccination records, microchip and licensing info  
Photos of your pet  
Photos of you with your pet (to establish ownership)  
Litter, scoop, liners, freshener  
Boxes/litter pans for kitties  
Plastic bags for disposal of used litter  
Bedding, toys  
Brush/comb

### Pet First Aid Kit Containing (at minimum)

Pet first aid guide (read it now)  
Antiseptics, sting and burn medication  
Eye wash  
Gauze and pads  
Tape (various sizes)  
Examination gloves (nitrile and non-latex)  
Tissues  
Hydrogen peroxide  
Q-tips (sealed)  
Antibiotic ointment  
Tweezers, scissors, oral syringe  
Disinfecting towelettes for cleaning  
Paper towels  
Sealable plastic bags for disposal of trash/waste  
Dog repellent

If you have hamsters, guinea pigs, birds, rabbits, reptiles, amphibians, ponies, etc., include supplies for them as well.

**Learn Pet First Aid and Pet CPR now**