

# Build a Disaster Preparedness Kit

Emergencies can occur without warning at any time of the day or night. Being prepared physically and psychologically to handle unexpected incidents or disasters is every individual's responsibility. This Emergency Preparedness Reference Guide has been developed by the City of Dana Point to help you prepare for some of the hazards that we may face. As you become familiar with the material found in this reference guide, you may be better prepared to protect yourself and perhaps save the life of someone else. We urge you to review this material with everyone in your household, develop a family disaster plan, and get prepared.

Following a major emergency or regional disaster, Emergency Response personnel may not be able to assist you for several days. The key to your survival may be a well thought out "Disaster Preparedness Kit". The following list represents a checklist of suggested items that may be useful when local infrastructure and buildings may not be available to support your survival. Store your supplies in a convenient location known to all family members, and maintain a smaller version in each vehicle.

## Water

- 1 gallon per person, per day

## Food

- Meals Ready to Eat (MRE)
- Canned Goods
- Comfort foods (chips, cookies, etc.)
- Vitamins
- Special dietary needs
- Energy bars/Meal replacement bars

## First Aid Kit

- Sterile bandages (assorted sizes)
- 2 in Sterile pads (4-6)
- 4 in Sterile pads (4-6)
- Tape
- Triangular Bandages (3)
- 2-3 in Sterile rolled bandages (4-6)
- Scissors
- Tweezers
- Antiseptic wipes
- Latex gloves
- Sunscreen
- Aspirin/Tylenol/Advil
- Antacid

## Sanitation

- Toilet Paper
- Liquid Soap
- Feminine supplies
- Personal Hygiene items
- Plastic garbage bags
- Plastic Bucket
- Disinfectant
- Household Bleach

## Clothing and Bedding

- Sturdy shoes or boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Sunglasses
- Cash and change

## Tools and Supplies

- Paper cups and plates
- Plastic Utensils
- Battery operated radio
- Battery operated flashlight
- Extra Batteries
- Can Opener
- Utility Knife
- Fire Extinguisher
- Tool(s) to shut off gas and water
- Pliers
- Matches (in waterproof container)

## Special Items

- Prescription Medications
- Extra glasses or contact lenses
- Saline Solution
- Games/Books
- Baby Formula
- Diapers
- Important Family Documents