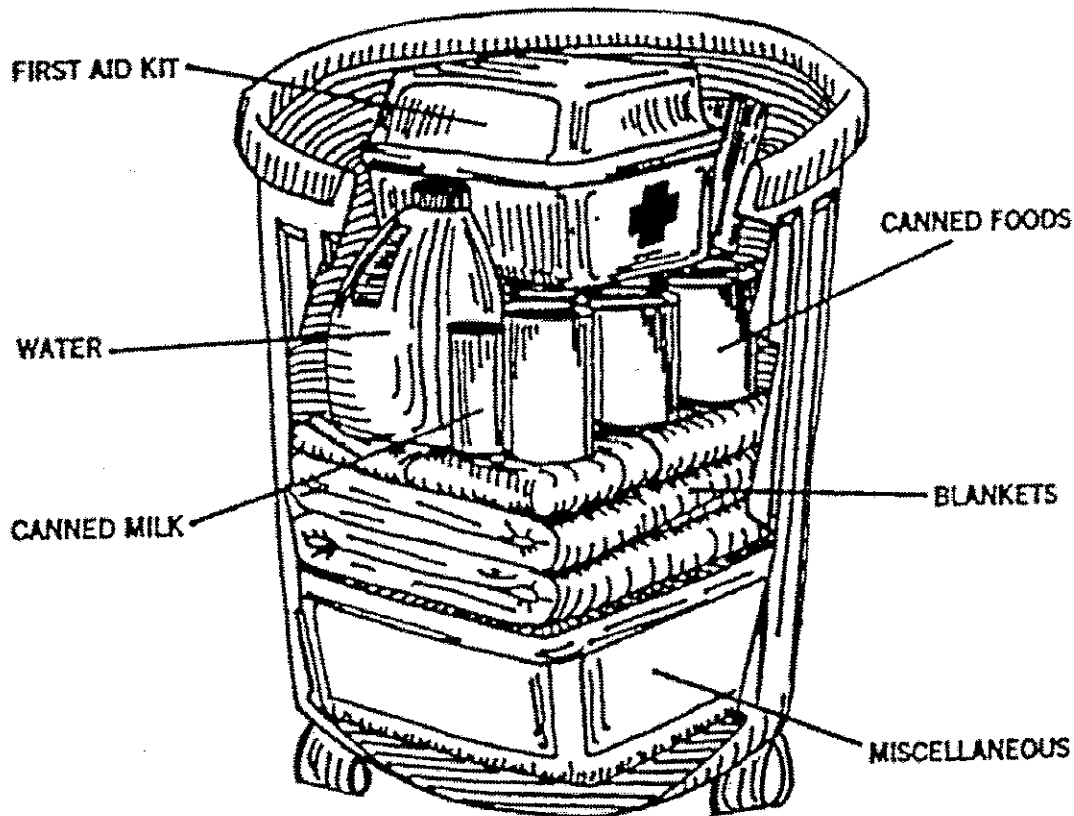


# HOME EMERGENCY SUPPLIES

## Storage of Emergency Supplies

Some families prefer to store their emergency supplies in one location. Choose a place in your home, which would be relatively safe in time of an earthquake (such as a closet, under a bed or in the garage). The perishable supplies will remain stable longer if stored in a cool, dark location.



One suggested method for storing emergency supplies is to place them in a large, covered trash container. They can be layered as shown and all kept together in the large covered container. Plastic containers come in all shapes and sizes. They're water and rodent proof and are fairly durable. Choose the size that suits your needs. Be sure the container comes with a securing lid and preferably on wheels for easy transport.

*\*Note:* It is best to store plastic water containers on top of the contents rather than on the bottom, where they could possibly crack and leak from the weight heavy objects placed on top of them.

**Provided by: RIVERSIDE COUNTY FIRE DEPARTMENT  
OFFICE OF EMERGENCY SERVICES**

**Riverside (951) 955-4700**  
Revised 5/25/05

**Indio (760) 863-8318 or 863-7432**

# THREE-DAY SURVIVAL PACK

## TOP OF THE BARREL

### Flashlight, Radio, Batteries

#### FIRST AID KIT

##### DRUGS

Antibiotic Ointment  
Aspirin Tablets  
Syrup of Ipecac (to induce vomiting)  
Kaopectate  
Prescription Medicines

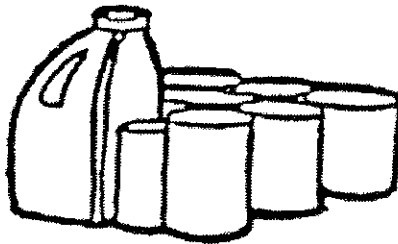
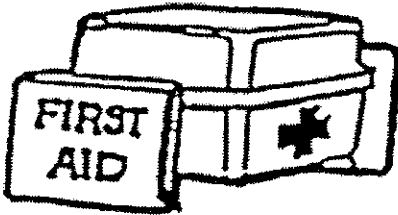
Ace Bandages  
Butterfly Bandages  
Gauze Pads (4"x4")

##### DRESSINGS

Adhesive Tape 2" width roll  
Sterile Bandage 2" width roll  
Sterile Bandage 4" width roll  
Bandage, Large Tri  
Bandages, Plastic Strips  
Cotton Tipped Swabs

##### MISCELLANEOUS

Scissors  
Tweezers  
Thermometer  
Petroleum Jelly  
Tissues  
Pocket Knife  
First Aid Handbook



## MIDDLE OF THE BARREL

##### FOOD

3-day supply of food requiring no refrigeration. Date all food items.  
Write out a menu for each day.

##### Examples:

Canned Tuna or Pork and Beans (1/2 lb. per person)  
Nonfat Dry Milk (1/2 lb. per person)  
Dried Apricots (1/2 lb. per person)  
Canned Orange or Tomato Juice  
Peanut Butter (1/2 lb. per person)

\*This supplies daily 2100 calories and essential nutrients  
Water (1-2 gallons per person per day)

## BOTTOM OF THE BARREL

##### BEDDING

Sleeping Bag/Blankets  
Plastic Sheet/Tarp

Shovel  
Axe  
Bucket (plastic bag liners)

##### CLOTHING

Change of clothes (gloves,  
sturdy shoes, jacket)

##### INFANT NEEDS

If applicable

##### PERSONAL SUPPLIES

Toiletries  
Towel  
Good Book  
Paper/Pencil

##### PERSONAL DOCUMENTS

(See Page 3 for suggested  
items)

##### MONEY

Cash

##### FUEL & LIGHT

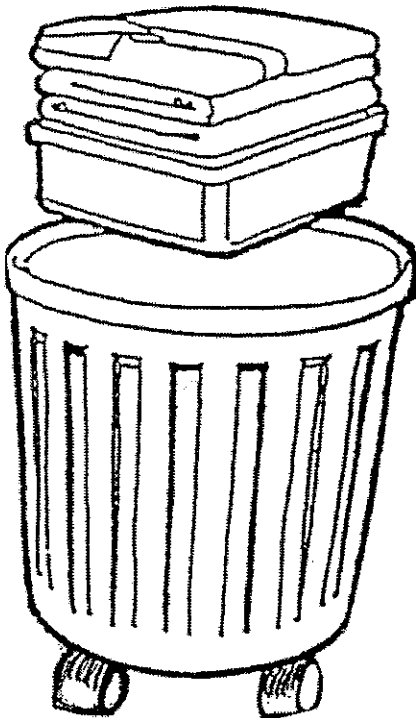
Flashlights  
Matches  
Candles  
Signal Flare  
Sterno Cans  
Batteries

##### MISCELLANEOUS

Water Purification Tablets  
Liquid Chlorine/Household  
Laundry Bleach  
Eye Dropper

##### EQUIPMENT

Can Opener  
Dishpan  
Dishes and Utensils (disposable)  
Battery Powered Radio



## SUGGESTED ADDITIONAL ITEMS

|   |   |
|---|---|
| Cash<br>Eyeglasses<br>Bar Soap<br>Bucket<br>Household Cleanser/Detergent<br>Toys for Children<br>Personal Hygiene (toothbrush/paste, deodorant, feminine supplies, etc.)<br>Hand Towel<br>Paper Towels, Plates and Cups | Cooking Utensils<br>Heavy Duty Aluminum Foil<br>Outdoor Grill, Camp Stove, Chafing Dish, etc.<br>Axe, Hammer and Assorted Tools<br>Filament Tape<br>Plastic Eating Utensils<br>Telephone Numbers<br>Smoke Detector (with spare batteries)<br>Escape Ladder (for multi-story structure)<br>Tent, Tarp or Plastic Sheet |
|---|---|

Personal documents (place in a plastic bag, which can be sealed and placed in your freezer):

- Birth Certificate
- Health Papers
- Passports
- U.S. Service Discharge Papers
- Ownership Certificates (for autos, trailers, boats, etc.)
- Social Security Cards
- Insurance Policies (Health, Life and Auto)
- Will
- Certificates of Authenticity (for objects of art, etc.)
- Household Inventory
  - List of Contents
  - Photographs of Contents of Every Room (take photos from two angles of each room)
  - Photographs of Jewelry (placed on dark cloth)
  - Genealogy (family tree)

## SURVIVAL KIT FOR AUTO

Blankets  
 Drinking Water (suggest Mylar packets to conserve space)  
 Change of Clothes (gloves, sturdy shoes, coat, hat, etc.)  
 Coins (for phone calls)  
 Fire Extinguisher (ABC type)  
 First Aid Kit and Manual  
 Emergency Signal Device (light sticks, battery type flasher, reflector, etc.)  
 Flashlight (fresh batteries and spare bulbs)  
 Food (nonperishable: nutrition bar, trail mix, etc.)  
 Local Maps  
 Polyethylene Rope (for towing, rescue, etc.)  
 Paper and Pencil  
 Pre-moistened Towelettes  
 Prescription Medicines  
 Sealable Plastic Bags  
 Short Rubber Hose (for siphoning)  
 Small Mirror (signaling for help)  
 Toilet Tissue  
 Whistle (signaling for help)  
 Tools (spare tire, jack, lug wrench, pliers, screwdriver, wire, etc.)

# WATER

You need a minimum of one gallon of water per day per person for drinking and food preparation – a total of fourteen gallons per person for a two-week period. Additionally, another half gallon per person per day for bathing, brushing teeth and dishwashing will be needed.

A family of four would require a minimum of 56 gallons of water, and preferably 84 gallons for a two-week period. Do not overlook the water supply in the hot water tank and the toilet tank (be sure to shut off the incoming water valve in case the local water supply is not safe).

Store water reserves in thoroughly washed, clean containers. Plastic containers with tight-fitting caps are best. Glass jugs may be used but plastic has the advantage of being shatterproof and lightweight. Metal containers tend to give water an unpleasant taste.

Clean water stored in clean containers with tight-fitting lids will remain palatable for an indefinite period. If using purchased water, follow expiration dates or rotate water every six months. Check the containers occasionally for leaks or cloudiness. If the water starts to look or taste bad, change it. If you have any doubts about the safety of the water to be stored, purify it before you store it.

## To Purify Water

1. The safest method of purifying water is to boil it vigorously for 1 to 3 minutes. To improve the taste of the water after boiling, pour the water from one container to another several times.
2. You can also purify water by adding any household bleach solution that contains 5.25 percent of sodium hypochlorite (most common bleach solutions contain this amount). Add the bleach solution to the water in a clean container. Mix thoroughly by stirring or shaking. Let stand for 30 minutes. The following table shows the proper amount of 5.25 percent solution to add to water.

| Amount of Water        | Amount of solution to add to: |              |
|------------------------|-------------------------------|--------------|
|                        | Clear water                   | Cloudy water |
| 1 quart – (1/4 gallon) | 2 drops                       | 4 drops      |
| 1 gallon               | 8 drops                       | 16 drops     |
| 5 gallons              | ½ teaspoon                    | 1 teaspoon   |

3. You can use ordinary 2 percent tincture of iodine, which you may have in your medicine cabinet, to purify small quantities of water. Add 3 drops of tincture of iodine to each quart of clear water or six drops to each quart of cloudy water, and stir thoroughly.
4. You can safely use water purification tablets that release chlorine or iodine to purify water. They are inexpensive and available at most sporting goods stores and some drugstores.

## HELPFUL HINTS FOR STORING FOOD

The following information on pantry shelf storage is taken from the pamphlet "Food Storage in the Home (EC 257 rev.)" published by the Extension Services, Utah State University in Logan. It is reprinted for your information, in the hope it will better prepare you and your family for emergency situations.

**Temperature:** Store food in the coldest cabinets, not over ranges or by refrigerator exhausts. Use the coolest spots (cellars, garages, outside utility sheds) for storing large quantities of potatoes or onions, and for long-term storage of canned foods.

**Time:** Most staples and canned foods have expiration dates, you should buy no more than you expect to use in the recommended storage times, as flavors will fade and textures may wilt. Date your foods, then remember to check the cabinets every six months to use up the oldest items.

**Buying:** Purchase the freshest looking package. Messy or shopworn labels indicate old stock. Do not buy cans with swollen ends, as the food inside has gone bad.

### CANNED AND DRIED FOODS

|  |           |
|--|-----------|
| Fruits, Canned (store in cool area)          | 12 months |
| Fruits, Dried (place in air-tight container) | 6 months  |
| Gravy, Canned                                | 12 months |
| Meat, Fish, Poultry                          | 12 months |
| Pickles, Olives (refrigerate after opening)  | 12 months |
| Soups, Canned (store in cool area)           | 12 months |
| Vegetables, Canned (store in cool area)      | 12 months |
| Vegetables, Dried (store in cool area)       | 12 months |

### HERBS, SPICES AND CONDIMENTS

|  |           |
|--|-----------|
| Catsup (opened)                        | 1 month   |
| Whole Spices                           | 12 months |
| Ground Spices                          | 6 months  |
| Herbs (place in airtight container)    | 6 months  |
| Hot Pepper Sauce, Worcestershire Sauce | 24 months |

*For the above periods of time, check the item's aroma, when it fades, replace the items.*

### STAPLES

|   |           |
|---|-----------|
| Baking Powder (keep covered and dry)                | 18 months |
| Bouillon Cubes (keep covered and dry)               | 12 months |
| Bread Crumbs, Dried (keep covered and dry)          | 6 months  |
| Cereals, Ready-to-Eat (keep covered and dry)        | 4 months  |
| Cereals, Cooking (keep covered and dry)             | 6 months  |
| Chocolate, Pre-melted (store in cool area)          | 12 months |
| Chocolate, Semisweet (store in cool area)           | 24 months |
| Chocolate, Unsweetened (store in cool area)         | 18 months |
| Coffee, Canned-Unopened (refrigerate after opening) | 1 month   |

## STAPLES (continued)

|   |            |
|---|------------|
| Coffee, Instant – Opened (keep tightly closed)      | 1 month    |
| Coffee, Instant – Unopened                          | 6 months   |
| Coffee Lighteners, Dry-Opened (keep tightly closed) | 6 months   |
| Condensed/Evaporated Milk (refrigerate if opened)   | 12 months  |
| Flour, All types (place in airtight container)      | 18 months  |
| Gelatin, All types (keep in original container)     | 18 months  |
| Honey, Jams, Syrups (keep tightly covered)          | 12 months  |
| Nonfat Dry Milk (place in air-tight container)      | 6 months   |
| Pasta (keep tightly covered)                        | 24+ months |
| Pudding Mixes (keep in original container)          | 12 months  |
| Rice Mixes  | 6 months   |
| Salad Dressing, All types (refrigerate if opened)   | 3 months   |
| Salad Oil   | 1/3 month  |
| Shortening, Solid (refrigeration not needed)        | 8 months   |
| Sugar, Brown (place in air-tight container)         | 4 months   |
| Sugar, Granulated (keep tightly covered)            | 24+ months |
| Sugar, Powdered (place in air-tight container)      | 4 months   |
| Molasses (keep tightly covered)                     | 24+ months |
| Tea Bags (place in airtight container)              | 18 months  |
| Tea Instant (keep tightly covered)                  | 36 months  |
| Tea Loose (place in air-tight container)            | 36 months  |

## MIXES AND PACKAGED FOODS

|  |           |
|--|-----------|
| Cake Mixes (store in cool area, keep dry)            | 12 months |
| Casserole Mixes (store in cool area, keep dry)       | 18 months |
| Cookies, Packaged (keep tightly covered)             | 4 months  |
| Crackers (keep tightly covered)                      | 3 months  |
| Frosting, Cans or Mixes                              | 8 months  |
| Hot Roll Mix (open and place in air-tight container) | 18 months |
| Pancake Mix (place in airtight container)            | 6 months  |
| Pie Crust Mix  | 8 months  |
| Potatoes, Instant (keep in original Package)         | 18 months |
| Toaster Pop-ups (store in airtight container)        | 3 months  |

## MISCELLANEOUS

|  |           |
|--|-----------|
| Coconut (refrigerate after opening)  | 12 months |
| Metered Calorie Products (keep in cans, closed jars or original package)   |           |
| Instant Breakfasts   | 6 months  |
| Nuts (refrigerate after opening)   | 9 months  |
| Onions, Potatoes and Sweet Potatoes  | 2 weeks   |
| (Store at room temperature. For longer storage, keep below 50 degrees, but not refrigerated. Keep dry and out of sun. Plan short storage in spring, when sprouting is a serious problem) |           |
| Cheese, Parmesan (keep tightly closed)   | 2 months  |
| Peanut Butter, Unopened  | 9 months  |
| Peanut Butter, Opened  | 2 months  |
| Soft Drinks  | 3 months  |
| Whipped Topping Mix Package  | 12 months |

# **EMERGENCY FOOD SUPPLY**

## **WHY?**

In an emergency such as a large earthquake, food suppliers such as grocery stores will probably sustain heavy damage and will not be available for several days. Roads may be blocked and extended power outages could occur.

## **WHAT SHOULD I DO?**

Prepare an emergency food supply that will last each individual several days or as much as a week. Use foods that your family likes. Canned foods, dry mixes, dehydrated fruit, etc., normally used will do just fine. Try for a balanced meal approach. Do not forget a manual can opener in the event of a power outage. Foods stored in dark, cool areas last longer. Rotate food items from storage at least once or twice a year to avoid spoilage and to keep freshness. It may be helpful to write the date on the items the day they were stored.

## **WHAT ABOUT FOODS IN REFRIGERATORS OR FREEZERS?**

Perishable foods such as milk, meats, etc., that are normally stored under refrigeration will spoil quickly without it. Foods in freezers can last several days without power if the door is left closed.

## **WHAT NOT TO DO....**

If perishable foods lose refrigeration and become warm, DO NOT USE. Bacteria grow rapidly without refrigeration, and may cause food poisoning.

If canned foods have been damaged and are bulging or leaking DO NOT USE.

DO NOT USE food from open containers where broken glass is present, or where household chemicals have spilled.

Unsealed containers and those that have been punctured by rodents or have rodent dropping should NOT BE USED.

There are several reputable suppliers of prepared emergency food supplies for individuals, families and business. Check your Yellow Pages for a distributor nearest you.

***AFTER AN EARTHQUAKE, BE PREPARED FOR AFTERSHOCKS, AND PLAN WHERE YOU WILL TAKE COVER WHEN THEY OCCUR!***

## SUPPLIES NEEDED IN AN EMERGENCY

1. **FOOD** – Nonperishable, canned or dehydrated, requiring minimum heat and water. Remember food for infants and pets.
2. **WATER** – A minimum of one (1) gallon per person per day for drinking. Additionally half a gallon of water per person per day is required for cooking and hygiene.
3. **FIRST AID KIT** – Customized, based on family needs. Include first aid manual.
4. **FLASHLIGHT AND SPARE BATTERIES** – Don't forget spare batteries/bulbs.
5. **RADIO AND SPARE BATTERIES** – Portable type.
6. **FIRE EXTINGUISHER** – ABC multipurpose type.
7. **PRESCRIPTION MEDICINES** – Keep extra supply on hand. Note expiration dates.
8. **CAN OPENER** – Manual type.
9. **MATCHES** – Waterproof type or dipped in wax.
10. **KNIFE** - Sheath or pocket type.
11. **TOOLS** - Pliers, screwdriver, crescent wrench, shovel, wire, broom, etc.
12. **PLASTIC BAGS WITH TIES** - Assorted sizes for waste disposal, storage of personal items, etc.
13. **ROPE** - Polyethylene type preferred.
14. **CANDLES** - Open flames are not to be used if gas leaks or electrical problems exist.
15. **STERNO OR OTHER BRAND OF HEATING FUEL FOR FOOD PREPARATION** -  
Note: Fumes from charcoal are especially deadly – cook with charcoal only outdoors.
16. **BLANKET** – Of woolen material; one per person.
17. **GLOVES** – Work type of durable material.