

FACT SHEET: FAMILY EMERGENCY SUPPLY KIT

GET A KIT. MAKE A PLAN. BE PREPARED.

PREPARE

Having a family emergency supply kit is one of the first steps in being prepared for a disaster. Recent events have shown it can take up to three days before help starts to

arrive. During a larger disaster, help may not arrive for up to seven (7) days.

A good supply kit will help your family stay safe and healthy.

BEFORE AN EMERGENCY

Design the kit with your family

Your family is unique. Your kit should be too. Consider the following as you create your kit:

- 1 gallon of water, per person, per day for 3-7 days
- Foods that don't require refrigeration, cooking or special preparation (canned food, freeze-dried foods) - remember special dietary foods (allergies, infants) & don't forget a can opener
- Portable, battery-operated radio or tv with extra batteries
- Flashlight with extra batteries
- Sanitation and hygiene items (moist towelettes and toilet paper, disinfecting wipes)
- Matches in a waterproof container
- Extra clothing—keep a change of clothes and outdoor garments
- Prescription medications, eye glasses, contacts & contact solution, hearing aid batteries, etc.
- Pet supplies—additional water, food, medicines
- Duct tape & plastic sheeting (if you are ordered to shelter in place)
- Cash currency & coins
- First Aid kit
- Utility shut-off tool or crescent wrench/pliers
- Digital copy of important documents and records

For more ideas, visit the American Red Cross site: redcross.org

WHEN YOUR KIT IS DONE

- Keep the kit in a place you can get to it such as a closet or pantry. It should be in a cool, dry place, away of sunlight and varying temperatures.
- Inventory your kit and keep track of any expiration dates.

REMEMBER

THIS IS YOUR KIT: Keep your family's needs in mind when gathering supplies will greatly pay off during an emergency.

A kit DOES NOT have to be expensive: start by gathering items you already own before purchasing additional supplies.

For more information, contact County of San Luis Obispo Office of Emergency Services

Phone Number: (805) 781-5011

Website: www.ReadySLO.org

Twitter Handle: [@slocountyoes](https://twitter.com/slocountyoes)

Facebook page: facebook.com/slocountyoes

