



[Make Your Own Preparedness Kit](#)

After the Loma Prieta earthquake of 1989 12,000 Bay Area residents found themselves permanently or temporarily displaced. Of those whose homes remained intact, many were temporarily without water, electricity, and phone service.

In order to prepare for another such disaster, SF Gate has compiled a list of supplies the American Red Cross recommends you keep on hand.

WATER

- A three-day supply of water for everyone. One gallon per person per day. Don't forget your pets.
- Store the water in opaque plastic containers such as soft drink bottles and put it somewhere easy to reach after the shaking stops.
- Change this water every six months and treat with chlorine bleach when you use it.

FOOD

- Ready-to-eat canned meats, fruits, vegetables.
- Canned juices, milk, soup
- Sugar, salt, pepper
- High energy foods such as peanut butter, jelly, crackers, granola bars, trail mix; foods that will not increase thirst.
- Vitamins
- Foods for infants, elderly, persons with special dietary needs
- Comfort/stress foods: cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags.
- Pet food, at least one ounce per animal pound per day.

- Avoid foods like rice, pasta and dry beans that require a great deal of water to prepare. Remember to restock your food once a year.

FIRST AID KIT

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs such as Pain relievers, Anti-diarrhea medicines, Antacid, Syrup of Ipecac (used to induce vomiting with the advice of a Poison Control Center), Laxatives, Activated charcoal (used with advice from the Poison Control Center)
- Various roller bandages
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant

TOOLS AND SUPPLIES

- Paper cups, plates, and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, in case banks are closed in the days following an earthquake
- Non-electric can opener or a utility knife
- Small fire extinguisher
- Pliers

- Tape
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Wrench, to turn off gas and water

SANITATION

- Toilet paper
- Soap, liquid detergent
- Feminine supplies
- Plastic garbage bags and ties
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Poop bags and scooper for pet waste

CLOTHING AND BEDDING

- Sturdy shoes or work boots (keep near your bed)
- Rain gear
- Blankets or sleeping bags
- Warm clothing
- Sunglasses

DOCUMENTS

- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers

- Family records (birth, marriage, death certificates)

**Remember to include special needs family members such as a baby or an older person might have. It is also good to store in a water proof plastic bag important family documents (passports, wills, medical records etc.) along with your earthquake survival kit.

SOURCE: Chronicle, American Red Cross, Disaster Preparedness Handbook, City of Berkeley