

# Be Prepared: Disaster Supply Kit

## Water- one gallon per day per person, for 3 days

- Two quarts for drinking
- Two quarts for hygiene
- Purification tablets
- Water can be purchased in cartons for longer storage (better than plastic bottles)

## Food

- Use food in refrigerator first, followed by freezer, followed by non-perishable food
- Ready to eat canned goods
- Canned juices, milk, soup
- High energy foods: peanut butter, granola bars, jelly, crackers, trail mix
- Comfort foods: cookies, candy, instant coffee, tea bags

## First Aid Supplies

- Sterile adhesive bandages, assorted sizes
- 2 and 4-inch gauze pads
- Roller bandages
- Triangular bandages
- Aspirin/pain reliever, antacid
- Antiseptic, towelettes
- Scissors, tweezers
- Adhesive tape
- Sunscreen

## Clothing & Bedding

- Sturdy shoes or boots
- Rain gear
- Mylar space blankets or sleeping bags
- Hat and gloves
- Heavy duty leather/suede gloves

## Tools & General Supplies

- Battery operated radio
- Flashlight and extra batteries
- Manual can opener
- Utility knife
- Pliers
- Matches in waterproof container
- Cell phone and charger
- Duct tape
- Rope
- Whistle
- Toilet paper
- Map of the area
- Soap, liquid detergent
- Garbage bags
- Bleach
- Plastic bucket with lid
- Paper, pen, pencil

## Non-First Aid Medical Supplies

- Heart and high blood pressure medication
- Insulin prescription drugs
- Denture needs
- Contact lenses and supplies, extra glasses
- Mobility aids - walker, cane

## Pet Supplies

- Food, water, bowls
- Comfort food & snacks
- Leash
- Pet carrier
- Pet medications



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