## 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

### 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

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

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

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Proudly serving the communities of Campbell, Cupertino, Los Altos, Los Altos Hills, Los Gatos, Monte Sereno, Saratoga and the unincorporated surrounding areas

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