**WATER**

-- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

**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.

**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 (keep your spare eyeglasses in the emergency kit, too.)

**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)

Our initial list consisted of the following:

* Phones and phone chargers
* Laptops, laptop chargers, external hard drive that contains seven years’ worth of memories
* Copies of important documents (birth and marriage certificates, passports)
* Checkbook (just so it’s secure)
* Flashlights and extra batteries
* Changes of clothes and basic toilettries
* Drinking water
* Crackers and some canned goods
* Alcohol and insect repellent
* Paper, pens, Swiss knife and basic tools
* Can opener – Of course, to open the canned goods (Why didn’t I think of that?)
* Money – Another “of course” (although I had already assumed that my wallet and organizers would be in my bag
* First-aid kit
* Blankets
* Grill or camp stove
* Fire extinguisher
* Water should be at least three days’ worth
* Water purification tablets
* Wrench – To switch off water and gas supply at home
* Disinfectant (like chlorine)
* Heavy-duty gloves
* Gas/dust mask
* Trash bags
* Portable (or solar-powered) radio
* Photos of family members – in case people go missing and you need references to locate them