

## PERSONAL PREPAREDNESS ITEMS

### FOR HOME

The following has been broken down into three tiers of preparedness for home— “The Bare Minimum”, “the Survivalist” and “the Prepper”. The Bare Minimum is essential for survival. If there are individuals with special needs, such as infants or seniors in your home, review the section on supplementing your kit to accommodate their needs.

<b>THE BARE MINIMUM</b>	<ul style="list-style-type: none"> <li>• Water (1 Gallon per person per day)</li> <li>• Medicine (30 day supply)</li> <li>• Nonperishable Food (3 days)</li> </ul>	
<b>THE SURVIVALIST</b>	<ul style="list-style-type: none"> <li>• Water (2 gallons per person per day)</li> <li>• Medicine (30 day supply)</li> <li>• Nonperishable Food (2 weeks)</li> <li>• Flashlight and batteries</li> <li>• Sturdy shoes</li> <li>• Change of clothes</li> <li>• Cash – small bills and coins</li> <li>• First Aid Kit</li> <li>• Radio</li> <li>• Dust mask</li> <li>• Whistle</li> <li>• Hand Sanitizer</li> <li>• Sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>• Wrench or pliers to turn off utilities</li> <li>• Local map</li> <li>• Car charger for cell phone</li> <li>• ½ tank fuel in your car</li> <li>• Toiletries / Personal sanitary items</li> <li>• Moist towelettes, garbage bags, plastic ties, bucket (personal sanitation)</li> <li>• Toilet paper</li> <li>• Blanket (foil or fabric)</li> <li>• Fire extinguisher – personal household size</li> <li>• Work gloves</li> </ul>
<b>THE PREPPER</b> All of the Survivalist plus....	<ul style="list-style-type: none"> <li>• Generator</li> <li>• Fuel</li> <li>• Cooking stove</li> <li>• Shovel</li> <li>• Tent</li> <li>• Crow bar</li> <li>• Hammer</li> <li>• Tools</li> <li>• Sleeping bag</li> <li>• Mess kit: paper cups, plates, plastic utensils</li> <li>• Chlorine bleach with dropper. When diluted nine parts water to one part bleach, bleach can be used as a disinfectant.</li> </ul>	

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Supplement your kits as needed to protect:

<b>SENIORS OR DISABLED</b>	<ul style="list-style-type: none"> <li>◦ Food for special diet needs</li> <li>◦ Medical equipment and batteries (hearing aids, wheel chair)</li> </ul>	<ul style="list-style-type: none"> <li>◦ List of model and serial #s of medical devices</li> <li>◦ Special supplies: Oxygen, catheters,</li> <li>◦ Personal sanitary items</li> </ul>
<b>INFANTS/TODDLERS</b>	<ul style="list-style-type: none"> <li>◦ Formula, disposable bottles, nipples</li> <li>◦ Bottle brush, soap</li> <li>◦ Diapers, wipes &amp; diaper cream</li> <li>◦ Jar foods/cereal</li> <li>◦ Bowl and spoon</li> <li>◦ Infant sunscreen</li> </ul>	<ul style="list-style-type: none"> <li>◦ Changes of clothes.</li> <li>◦ Thermometer</li> <li>◦ Medications</li> <li>◦ Pedialyte</li> <li>◦ Firm soled shoes</li> <li>◦ Toys and comfort items</li> </ul>
<b>PETS</b>	<ul style="list-style-type: none"> <li>◦ Food</li> <li>◦ Water</li> <li>◦ Bowls</li> <li>◦ Leash</li> <li>◦ Muzzle</li> <li>◦ Treats, id tag</li> </ul>	<ul style="list-style-type: none"> <li>◦ Pet carrier</li> <li>◦ Vet's contact information</li> <li>◦ Vaccination records</li> <li>◦ Pet first Aid kit</li> <li>◦ Scissors, gauze, wipes, instant cold pack, tape, tweezers, soap</li> </ul>
<b>CAR EMERGENCY KIT</b>	<ul style="list-style-type: none"> <li>◦ Water</li> <li>◦ Nonperishable snacks</li> <li>◦ Sweater/ jacket and extra clothing</li> <li>◦ Walking shoes</li> <li>◦ Money (coins and bills)</li> <li>◦ Flashlight/ batteries</li> <li>◦ First aid kit</li> <li>◦ Pocket knife</li> <li>◦ Waterproof matches</li> <li>◦ Flares</li> </ul>	<ul style="list-style-type: none"> <li>◦ Fire extinguisher</li> <li>◦ Work gloves</li> <li>◦ Jumper cables</li> <li>◦ Pencil and paper</li> <li>◦ Tools</li> <li>◦ Maps in case you have to walk and you're reliant on your GPS</li> <li>◦ Toiletries</li> <li>◦ Supply of special needs items: e.g. medication, glasses, formula, and diapers</li> </ul>
<b>OFFICE EMERGENCY KIT</b>	<ul style="list-style-type: none"> <li>◦ Water</li> <li>◦ Food</li> <li>◦ Medications (1 week supply)</li> <li>◦ Change of clothes</li> </ul>	<ul style="list-style-type: none"> <li>◦ money – coins and bills</li> <li>◦ Contact numbers</li> <li>◦ Personal items: eyeglasses, contacts, contact solution toothbrush</li> </ul>

Additional Information can be found at [www.emergencypreparedness.caltech.edu](http://www.emergencypreparedness.caltech.edu)