# BUILD YOUR EMERGENCY KIT

You need enough supplies to last up to 7 days.

1. **Water (1 gallon per person per day)**
2. **Non-perishable food**
3. **Manual can opener**
4. **Battery, solar powered or hand crank radio**
5. **Flashlight**
6. **Extra batteries**
7. **First aid kit**
8. **Power cords/chargers**
9. **Whistle**
10. **Cash (small bills)**
11. **Medication**
12. **Personal toiletry items**
13. **Important documents**
14. **Dust mask**
15. **Family emergency contact information**
16. **Pet food, water, & supplies**
17. **Supplies for children and infants**
18. **Comfort items and games, books, puzzles**

## HAVE ENOUGH WATER

You need a gallon of water per person per day. For a family of 4 that’s around 224 16oz bottles of water for a 7 day supply.

## AND PLENTY OF BATTERIES

Enough for your cell phone charger, radio, and flashlight.

## ENOUGH FOOD

Each family member needs enough food for up to seven days. Consider the amount of calories needed per person per day (see below):

- Children ages 2-8: 1000-1400 calories
- Children ages 9-18: 1600-2200 calories
- Adults: 1600-2400 calories

Tip: Make sure it is food your family will actually eat.

## AND PLENTY OF BATTERIES

Solar powered devices are a good option as well.
STORING YOUR KIT

Your kit needs to be in an accessible location like a closet, under your bed, or in an attached garage. Use a container that is easy to transport and is element proof.

DON'T FORGET......

Keep a kit in your vehicle
Keep a small kit at work
1/20/1998 Check expiration dates
Pets need their own kit

HAVE A COMMUNICATION PLAN

1. COLLECT. Create a paper copy of the contact information for your family and other important contacts (e.g., people/offices, such as medical facilities, doctors, schools, and service providers).

2. SHARE. Make sure everyone who is part of your plan carries a copy in their backpack, purse, or wallet. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.

3. PRACTICE. Have regular meetings with roommates and/or household members to review and practice your plan.

HELPFUL TIPS

TEXT IS BEST!

If you are using a mobile phone, a text message may get TEXT through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available.

TAKE A CLASS

Take a First Aid and CPR class through the American Red Cross, redcross.org. Or participate in Los Angeles Community Emergency Response Team CERT training, cert-la.com.

SIGN UP FOR ALERTS

Check your LMU Alert account to verify that all email and phone numbers are current.
Sign up for City specific notifications: Los Angeles - NotifyLA, LA County - Alert.LACounty.gov. OR go to lacounty.gov/emergency/alert-la/

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