CREATING YOUR EMERGENCY KIT

YOU NEED ENOUGH SUPPLIES TO LAST UP TO 7 DAYS

- Water: (1 gallon/person/day)
- Non-perishable food
- Manual can opener
- Battery, solar powered or hand crank radio
- Flashlight
- Extra batteries
- First aid kit
- Power cords/chargers
- Whistle
- Cash (small bills)
- Medication
- Personal toiletry items
- Important documents
- Dust mask
- Family emergency contact information
- Pet food, water, & supplies
- Supplies for children and infants
- Comfort items and games, books, puzzles.

HAVE ENOUGH WATER

You need a gallon of water per person for 3-7 days. For a family of 4 that’s 32 16oz bottles of water for a 3 day supply.

...ENOUGH FOOD

Each family member needs enough food for at least three days, up to seven days. That could be as much as 15 cans of soup, 9 granola bars and 21 tablespoons of peanut butter for a 3 day supply.

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

...AND PLENTY OF BATTERIES

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

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
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 people/offices, such as medical facilities, doctors, schools, or 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.

LEARN MORE

Visit LMU Public Safety at lmu.edu/emergency

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