

GET YOUR SUPPLIES TODAY!

It's fast and easy to put together your basic supplies for an emergency preparedness kit. Use this handy shopping list to stock up on some extras today!

- **WATER:** You'll need one gallon per person per day. Don't forget extra for any pets!
- **FIRST AID KIT:** Get a basic kit & supplies.
- **FLASHLIGHT AND RADIO:** With extra batteries.
- **FOOD:** Select non-perishable foods that require no refrigeration, preparation, and are easy to store.
 - Ready-to-eat canned meats, juices, fruits, vegetables, and soups.
 - High energy foods - peanut butter, granola bars, trail mix, dried fruit, jam, crackers, and energy bars.
 - Comfort/stress foods - hard candy, sweetened cereals, instant coffee, and tea bags.
 - Food for infants. Food for pets. Special dietary needs.
 - Paper plates, cups, and plastic utensils.
- **MEDICATIONS:** Include usual non-prescription medications such as pain relievers, stomach remedies, etc.
- **PERSONAL HYGIENE ITEMS:** Toothbrush, toothpaste, comb, brush, soap, contact lens supplies, and feminine supplies. Plastic garbage bags with ties.
- **PET SUPPLIES:** including food, water, and carrier.



GET YOUR
7 DAYS
WORTH OF:
**FOOD
WATER
EMERGENCY
SUPPLIES**



www.smgov.net/oem



I'VE GOT 7 CHECKLIST

Emergencies can strike quickly and without warning. When emergencies occur, you can take important steps that will save lives and protect your family.

Here are 7 things you need to have on hand to help keep YOU, your FAMILY, and your COMMUNITY prepared!



1 FOOD & WATER

Pack non-perishable, high energy foods that require no refrigeration, preparation, and are easy to store. Have at least one gallon of water per person per day. And, don't forget food and water for your pets!

2 PREPAREDNESS SUPPLIES

This includes a battery-operated radio, a flashlight with extra batteries, and a first aid kit. Pack a first aid handbook, and make sure your first aid kit is stocked, especially with bandages and disinfectants.

3 TRAINING

Get trained! Enroll in a class to learn first aid, CPR or learn to become a disaster volunteer. Participate in training programs offered by the Santa Monica Fire Department and the American Red Cross of Santa Monica.

4 MONEY

Have cash (ATMs and credit cards won't work if power is out).

5 CLOTHING & BEDDING

Provide a change of clothing for everyone, including sturdy shoes and gloves. Have a sleeping bag, blankets, pad or air mattress to sleep on.

6 YOUR ESSENTIALS

Medications; eyeglasses, or contact lenses and solution; identification cards; birth certificate; passports; sanitary supplies; baby needs; pet supplies (pet carrier, plastic bags, vaccination information).

7 CONTACT INFORMATION

A current list of important contacts. Include phone numbers, e-mail addresses, and text information. Include an out-of-state contact in case local service is disrupted. Try text messaging instead of phone calls.

