



**American
Red Cross**



Weeks to prepare

Weekly shopping list based on a family of 4

Week 1 Tour your home to gather items you already have. Place all items in a waterproof bag or container before packing in kit. Check off each item as you go. <input type="checkbox"/> A sturdy, easy-to-carry container to hold items (backpack, duffle bag or large tote) <input type="checkbox"/> A set of clothes and sturdy shoes for each family member <input type="checkbox"/> Copies of important papers (birth certificates, ID, insurance policies, passports, home lease/deed, etc.) <input type="checkbox"/> A 3-day supply of your medications <input type="checkbox"/> A current list of family phone numbers and e-mails including someone who can be reached if local lines are down <input type="checkbox"/> A map (mark an evacuation route on it from your local area) <input type="checkbox"/> Extra cash in small bills <input type="checkbox"/> Spare keys for house and car <input type="checkbox"/> Spare glasses or contacts and solution <input type="checkbox"/> Books or toys				
Week 2 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 jar peanut butter <input type="checkbox"/> 1 box crackers <input type="checkbox"/> 2 boxes energy bars <input type="checkbox"/> weather radio \$1.75*	Week 3 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> 2 cans meat/fish <input type="checkbox"/> 2 cans fruit/veggies <input type="checkbox"/> manual can opener <input type="checkbox"/> weather radio \$1.75*	Week 4 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> 1 pkg hand sanitizer <input type="checkbox"/> 1 antibacterial soap <input type="checkbox"/> weather radio \$1.75*	Week 5 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 liquid dish soap <input type="checkbox"/> 2 rolls toilet paper <input type="checkbox"/> 1 box facial tissues <input type="checkbox"/> weather radio \$1.75*	Week 6 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> first aid kit & guide <input type="checkbox"/> latex gloves <input type="checkbox"/> tweezers <input type="checkbox"/> weather radio \$1.75*
Week 7 <input type="checkbox"/> thermometer <input type="checkbox"/> allergy/pain reliever in childproof container <input type="checkbox"/> sunscreen <input type="checkbox"/> weather radio \$1.75*	Week 8 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> feminine supplies <input type="checkbox"/> comb & brush <input type="checkbox"/> 1 potted meat <input type="checkbox"/> weather radio \$1.75*	Week 9 <input type="checkbox"/> towels & washcloths <input type="checkbox"/> toothbrushes & paste <input type="checkbox"/> shampoo, bar soap <input type="checkbox"/> deodorant <input type="checkbox"/> weather radio \$1.75*	Week 10 <input type="checkbox"/> umbrella/slicker <input type="checkbox"/> scarf <input type="checkbox"/> winter gloves <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> weather radio \$1.75*	Week 11 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> 1 pkg energy snacks <input type="checkbox"/> emergency blanket <input type="checkbox"/> matches <input type="checkbox"/> weather radio \$1.75*
Week 12 <input type="checkbox"/> flashlight <input type="checkbox"/> batteries <input type="checkbox"/> cotton rope <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> weather radio \$1.75*	Week 13 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> screwdriver <input type="checkbox"/> utility knife <input type="checkbox"/> pliers <input type="checkbox"/> weather radio \$1.75*	Week 14 <input type="checkbox"/> 2 cans fruit/veggies <input type="checkbox"/> 1 pkg eating utensils <input type="checkbox"/> 1 pkg plastic cups <input type="checkbox"/> paper towels/napkins <input type="checkbox"/> weather radio \$1.75*	Week 15 <input type="checkbox"/> pet food & dishes <input type="checkbox"/> extra water <input type="checkbox"/> leash <input type="checkbox"/> litter pan/litter <input type="checkbox"/> weather radio \$1.75*	Week 16 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> 2 cans meat/fish <input type="checkbox"/> cell phone & charger <input type="checkbox"/> dried fruits and nuts <input type="checkbox"/> weather radio \$1.75*
Week 17 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> extra flashlight <input type="checkbox"/> extra batteries for radio & flashlight <input type="checkbox"/> 1 bottle juice <input type="checkbox"/> weather radio \$1.75*	Week 18 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> work gloves <input type="checkbox"/> dust masks <input type="checkbox"/> chlorine bleach <input type="checkbox"/> garbage bags & ties <input type="checkbox"/> weather radio \$1.75*	Week 19 <input type="checkbox"/> 1 gallon water <input type="checkbox"/> plastic sheeting <input type="checkbox"/> plastic bucket & lid <input type="checkbox"/> disinfectant <input type="checkbox"/> notepad & pen <input type="checkbox"/> weather radio \$1.75*	Week 20 <input type="checkbox"/> 2 boxes dry cereal <input type="checkbox"/> box graham crackers <input type="checkbox"/> whistle <input type="checkbox"/> duct tape <input type="checkbox"/> 1 pkg energy snacks <input type="checkbox"/> weather radio \$1.75*	Week 21 <input type="checkbox"/> comfort foods <input type="checkbox"/> scissors <input type="checkbox"/> extra blankets <input type="checkbox"/> small pillows <input type="checkbox"/> water container <input type="checkbox"/> weather radio \$1.75*

*Save \$1.75 a week and purchase your weather radio at the end of 21 weeks.

Customize your kit for your family.

For Baby: baby food, formula, bottles, diapers, extra water for formula and washing bottles

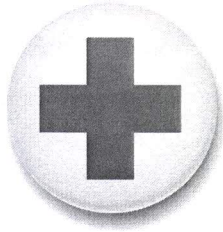
For Seniors: oxygen, walker, adult diapers, hearing aid with extra batteries and extra medications

For Pets: carrier, medicines, inoculation and health records, ID tags, photo of you with your pet(s)

For Children: toys, travel games, extra batteries, stuffed animal, cards, crayons, paper, books

Daylight Savings Time: When you change your clocks, check your kit! Replace expired food, medicine and batteries. Check clothing for fit and seasons. Also change smoke and carbon monoxide detector batteries.

For more preparedness tips, visit redcross.org.



American Red Cross

Serving Orange, Riverside
and San Bernardino Counties

ESSENTIAL EMERGENCY DOCUMENTS

Keep these records or photocopies in a safe and easy to access location in case of emergency

DRIVERS LICENSE / ID CARDS

EMERGENCY CONTACT LIST

PASSPORTS, BIRTH CERTIFICATES & SOCIAL SECURITY CARDS

MEDICAL INSURANCE CARDS, IMMUNIZATION RECORDS, PRESCRIPTION LIST FOR EACH FAMILY MEMBER, INCLUDING PETS

INSURANCE POLICIES AND CONTACT INFORMATION

CASH (SMALL BILLS & COINS), TRAVELERS CHECKS

BANK ACCOUNT NUMBERS, CREDIT CARD & COMPANY NUMBERS

DOCUMENTOS ESENCIALES PARA EMERGENCIAS

Mantenga estos documentos o copias en un sitio seguro y fácilmente accesible en caso de emergencia

LICENCIA PARA CONDUCIR / CREDENCIAL

LISTA DE CONTACTOS (INCLUYENDO A SUS CONTACTOS FUERA DEL ESTADO)

PASAPORTES, CERTIFICADOS DE NACIMIENTO, SEGURO SOCIAL

POLIZAS DE SEGURO MEDICO, HISTORIAL DE VACUNAS Y LISTA DE RECETAS MEDICAS PARA CADA MIEMBRO DE SU FAMILIA

POLIZAS DE SEGURO

DINERO EN EFECTIVO (BILLETES CHICOS Y MONEDAS), CHEQUES DE VIAJERO

NUMEROS DE CUENTAS BANCARIAS < TARJETAS DE CREDITO Y NUMEROS TELEFONICOS DE LAS COMPANIAS



Personal Workplace Disaster Supplies Kit

For the workplace, where you might be confined for several hours, or perhaps overnight, the following supplies are recommended. More information is at:

<http://www.redcross.org/services/disaster/beprepared/>

Flashlight with extra batteries

Use the flashlight to find your way if the power is out. Do not use candles or any other open flame for emergency lighting.

Battery-powered radio

News about the emergency may change rapidly as events unfold. You also will be concerned about family and friends in the area. Radio reports will give information about the areas most affected.

Food

Enough non-perishable food to sustain you for at least one day (three meals), is suggested. Select foods that require no refrigeration, preparation or cooking, and little or no water. The following items are suggested:

- Ready-to-eat canned meals, meats, fruits, and vegetables.
- Canned juices.
- High-energy foods (granola bars, energy bars, etc.).

Water

Keep at least one gallon of water available, or more if you are on medications that require water or that increase thirst. 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.

Medications

Include usual non-prescription medications that you take, including pain relievers, stomach remedies, etc. If you use prescription medications, keep at least three-day's supply of these medications at your workplace. Consult with your physician or pharmacist how these medications should be stored, and your employer about storage concerns.

First Aid Supplies

If your employer does not provide first aid supplies, have the following essentials:

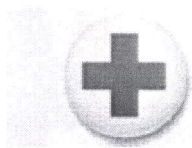
- (20) adhesive bandages, various sizes.
- (1) 5" x 9" sterile dressing.
- (1) conforming roller gauze bandage.
- (2) triangular bandages.
- (2) 3 x 3 sterile gauze pads.
- (2) 4 x 4 sterile gauze pads.
- (1) roll 3" cohesive bandage.
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) antiseptic wipes.
- (2) pair large medical grade non-latex gloves
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Cold pack.
- Scissors (small, personal).
- Tweezers.
- CPR breathing barrier, such as a face shield

Tools and Supplies

- Emergency "space" blanket (mylar).
- Paper plates and cups, plastic utensils
- Non-electric can opener.
- Personal hygiene items, including a toothbrush, toothpaste, comb, brush, soap, contact lens supplies, and feminine supplies.
- Plastic garbage bags, ties (for personal sanitation uses) .
- Include at least one complete change of clothing and footwear, including a long sleeved shirt and long pants, as well as closed-toed shoes or boots.
- If you wear glasses, keep an extra pair with your workplace disaster supplies.

General Information

- Your kit should be adjusted based on your own personal needs.
- Do not include candles, weapons, toxic chemicals, or controlled drugs unless prescribed by a physician.



10 **Things employees can do to prepare at work**

- 1. Make plans for your family – so you can stay at work or return to work confident that your family is safe**
- 2. Keep personal contact information updated with HR**
- 3. Keep a personal disaster supply kit at work (see attached)**
- 4. Secure your personal workspace and keep escape routes clear (visit www.DareToPrepare.org/secure_your_stuff.html)**
- 5. Know evacuation routes and assembly points and participate in drills and exercises**
- 6. Serve on your company's Safety Team**
- 7. Learn CPR and First Aid**
- 8. Contribute to your company's Continuity of Operations Planning**
- 9. Keep vital workplace records updated and backups available**
- 10. Volunteer your skills**