

September is National Preparedness Month 2008

[Get a Kit](#)

Basic Emergency Supply Kit:

- ☐ Water, one gallon of water per person per day for at least three days, for drinking and sanitation.
- ☐ Food, at least a three-day supply of non-perishable food.
- ☐ Battery-powered or hand crank radio and a NOAA Weather Radio with extra batteries for both.
- ☐ Flashlight and extra batteries.
- ☐ Whistle to signal for help.
- ☐ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place.
- ☐ Moist towelettes, garbage bags and plastic ties for personal sanitation.
- ☐ Wrench or pliers to turn off utilities.
- ☐ Can opener of food *(if kit contains canned food)*
- ☐ Local Maps

Additional Items To Consider Adding To An Emergency Supply Kit:

- ☐ Prescription Medications and glasses.
- ☐ Infant formula and diapers.
- ☐ Pet food and extra water for your pet.
- ☐ Important family documents such as copies of insurance policies, identification and bank account records, photos of family members (aid for finding if lost) in a waterproof, portable container.
- ☐ Cash or traveler's checks and change.
- ☐ Emergency reference material such as first aid book or information from www.ready.gov
- ☐ Sleeping bag or warm blanket for each person.
- ☐ Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes.
- ☐ Household chlorine bleach and medicine dropper – when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- ☐ Fire Extinguisher.
- ☐ Feminine supplies and personal hygiene items.
- ☐ Mess kits, paper cups, plates and plastic utensils, paper towels.
- ☐ Paper and pencil.
- ☐ Books, games, puzzles or other activities for children.

Family Preparedness Information Websites:

<http://www.ready.gov/america/index.html>

http://www.fema.gov/areyouready/assemble_disaster_supplies_kit.shtm

http://www.72hours.org/go_bag.html

<http://www.eham.net/articles/7176> ← Ham Radio Prep info

<http://emergency.ocde.us/Home.htm>

Pre-packaged Emergency Kits & Supplies:

<http://www.earthquake-management.com/> ← Local Source Call (800) 925-9744 ext. 106
ask Sue Bonner to email current pricelist
Her email address is:
sue.eqmgmt@earthlink.net

<http://www.maydayindustries.com/index.html>

<http://www.cpr-savers.com/>

<http://www.lifeprepared.com/index.html>

<http://www.bugoutbagz.com/>

Information Resources for current emergencies:

<http://cad.chp.ca.gov/> ← CHP Traffic Incident Information Page

<http://www.inciweb.org/state/5/> ← (California) incident Information System

<http://www.ocfa.org/ocfamain.asp?pgn1=3> ← Orange County Fire Information

<http://www.seismo-watch.com/Regions/na/usa/ca/sca.html> ← So. CA Earthquake Info

Also see the links pages on the Mission Viejo RACES-ARES Webpage at:

<http://www.qsl.net/races-ares/> or mirror page at: <http://members.cox.net/races-ares/>