

Build a Kit

During an emergency, you can be a hero to your loved ones in just a few simple steps. Utilities and basic services could be interrupted for a while. Build an emergency kit to sustain your family for at least **THREE** days. Here's what you'll need:



The Basic Essentials

- ✓ 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 tone alert and extra batteries for both
- ✓ Flashlight and extra batteries, or a hand crank flashlight
- ✓ First aid kit
- ✓ 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 for food (if kit contains canned food)
- ✓ Local maps
- ✓ Cell phone with chargers, inverter, or solar charger

Recommended Items

- ✓ Prescription medications, over-the-counter drugs, and vitamins
- ✓ Non-prescription medications such as pain relievers, and others for chronic symptoms
- ✓ Mess kits, paper cups, plates, paper towels and plastic utensils
- ✓ Soap, hand sanitizer, and disinfecting wipes
- ✓ Prescription eyeglasses and/or contact lens case and solution
- ✓ Cash in small denominations
- ✓ Sleeping bag or warm blanket for each person
- ✓ Complete change of clothing and shoes appropriate for your climate
- ✓ Fire extinguisher
- ✓ Matches in a waterproof container
- ✓ Feminine supplies and personal hygiene items
- ✓ Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- ✓ Paper and pencil

Access & Functional Needs

- ✓ Consider daily needs and store extra provisions in case supplies become limited
- ✓ Several days' supply of prescription medicines
- ✓ Battery backup solutions for medical and communication devices
- ✓ Instructions for operating your medical devices for others
- ✓ Tire care for certain mobility devices, if applicable
- ✓ Keep a list of nearby medical facilities/local hospitals and accessible transportation providers

Children

- ✓ Infant formula, bottles, diapers, wipes, and extra clothing
- ✓ Several days' supply of prescription medicines
- ✓ A blanket, toy or other comfort item
- ✓ Books, games, puzzles, or other activities for children

Pets

- ✓ Pet food and extra water for your pet
- ✓ Medicines your pet requires
- ✓ Photo of you and your pet together
- ✓ Sanitation/hygiene items for pets
- ✓ Travel carrier/travel bowls
- ✓ Toys and/or comfort items

For more information on preparing for disasters, visit:

www.readyventuracounty.org



VENTURA COUNTY SHERIFF
Emergency Services