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