



# PREPARE ANAHEIM



## EMERGENCY KIT WORKSHEET

When checking off the items on your list, think about the number of people in your family, or any others who will be using the kit to increase the number of supplies, as applicable. For example, if you have five family members, you will need 5x the amount of food, water, blankets, etc. As you begin stocking your kit, keep this worksheet handy as a reminder to replenish perishable items. **THE TIME TO PREPARE YOUR EMERGENCY KIT IS NOW**, while everything is calm and you are thinking clearly. Do **NOT** wait until a disaster happens to start preparing! If you prefer to purchase a ready-made Emergency Supply Kit, visit this Red Cross web address, where you will also find additional supplies: [www.redcrossstore.org](http://www.redcrossstore.org)

- Prescription medications and eyeglasses \_\_\_\_\_
- Infant formula and diapers (if applicable) \_\_\_\_\_
- Important family documents (copies of insurance policies, bank account records, I.D.) \_\_\_\_\_
- Cash and traveler's checks \_\_\_\_\_
- Backpack \_\_\_\_\_
- Battery powered flashlight (batteries included) \_\_\_\_\_
- Cell phone charger (batteries included) \_\_\_\_\_
- Nutrition/protein bars \_\_\_\_\_
- Canned foods and juices \_\_\_\_\_
- Eating Utensils \_\_\_\_\_
- Can opener for food (if kit contains canned food) \_\_\_\_\_
- Water (at least 1 gallon per person, per day) \_\_\_\_\_
- Pet food and extra water for your pet (if applicable) \_\_\_\_\_
- Work Gloves \_\_\_\_\_
- Light Sticks (3 each; one lasts 12 hours) \_\_\_\_\_
- Moist towelettes \_\_\_\_\_
- Breathing Masks (NIOSH-N95) \_\_\_\_\_
- Plastic Sheeting (10'x10') \_\_\_\_\_
- Rain Ponchos \_\_\_\_\_
- Personal First Aid Kit \_\_\_\_\_
- Roll of Duct Tape \_\_\_\_\_
- Whistle \_\_\_\_\_
- Sleeping bag or warm blanket for each person \_\_\_\_\_
- Complete change of clothing, including a long sleeved shirt, long pants and shoes \_\_\_\_\_
- Personal Hygiene Kit \_\_\_\_\_
- Books, games and/or puzzles for children \_\_\_\_\_
- Wrench or pliers to turn off utilities \_\_\_\_\_
- Battery-operated radio or TV \_\_\_\_\_
- Local maps \_\_\_\_\_