

SURVIVAL CHECKLIST (reviewed and approved by LA Fire Dept. and CERT)

First Aid:

- Sterile adhesive bandages
- 4-6 2" & 4" sterile gauze pads
- 3 Triangular & butterfly bandages
- First aid manual
- 3 -2" & 3" sterile roller bandages
- Scissors; Tweezers; needle & thread
- Antiseptic & moistened cleansing wipes
- Thermometer; 2 tongue depressors
- Soap; petroleum jelly
- 2 pr. Rubber Gloves; ice packs
- Sunscreen & sunburn cream
- Hydrogen Peroxide; alcohol
- Small & large safety pins

Non-Prescription Drugs:

- Aspirin; Tylenol; Advil
- Anti-Diarrhea med.; Laxative
- Activated charcoal; Benadryl
- Polysporin or Neosporin;

Personal Rx meds. & antibiotics

Water – 1 gal. per person per day

Sanitation:

- Toilet paper, soap, liquid detergent
- Toothpaste & brushes; tissues
- Plastic bucket with tight lid
- Heavy wt. garbage bags w/ ties
- Chlorine bleach; hand sanitizer
- Personal hygiene items; kitty litter

Pet Supplies:

- Food & dishes, treats, medication
- Extra leash & collar; pet carrier
- Kitty litter; rawhide chews

Safety:

- Flashlight; radio; lantern; candles
- Matches in waterproof container
- Solar cell charger; batteries (all sizes)
- Tools; duct tape; compass; signal flares
- ABC Fire extinguisher; utility knife
- Thermal blankets; work gloves
- CERT-LA.com Emergency manual
- Gas shut off wrench; hammer; nails

Personal:

- Walking shoes; hat; Mylar sleeping bags
- Sunglasses; terrycloth towels
- Warm clothing & socks; poncho

Food:

- Canned meat, fish, soups & fruit
- Canned juices, vegetables, milk
- Peanut butter; nutrition bars; nuts
- Dried fruit; cereal; granola; vitamins
- Dehydrated foods; salt; pepper; sugar
- Cups; plates; utensils; manual can opener
- Aluminum foil; paper towels; sponge
- Plastic wrap & storage containers

Important Family Documents:

- In waterproof container, store copies:
- Will; insurance policies; deed; passports;
- Social security cards; bank acct. #s
- Stocks; bonds; investment acct. records;
- Immunization records; family records;
- Credit card numbers & co. contact #s;
- Inventory of valuable household goods
- Important phone & e-mail contacts
- out of state relative cell; pet microchip info.

Additional Important Items:

- 5 year, 50 gallon water tank**
- Cooler; rope; shovel; razor blades
- Backyard umbrella or tent for shade
- Portable charcoal grill; axe; pliers; saw
- Pump for swimming pool for fires or sanitation

Keep in car for emergencies:

- Warm jacket or wind breaker
- Emergency pet & first aid supplies
- Walking shoes & socks
- Mylar sleeping bags; car cell charger
- Sunscreen & hat or visor; tote bag
- Emergency supply backpack for 2-3days**
- Gardening gloves for broken glass
- Water & Nuts/Nutrition bars, dried fruit

Additional Items:

- Contact lenses & solution; extra eyeglasses
- Street map; GPS, 8'x10' plastic tarp; multi-tool
- Cash in sm denominations; change; trav.cks
- Books; games; cards; pens; paper
- Large plastic bucket with attachable toilet seat
- Sleeping bags; rain gear; tube tent
- Iodine tablets to purify water
- Formula; bottles; diapers; medications
- Extra set of car & house keys
- List of neighbors & contact info.

- Wind up radio & flashlight; activated charcoal
- Ph.#s & add. –fire, police, Red Cross;,hospitals

Disaster Supply Companies:

- sosproducts.com (used by CERT)
- emergencycafe.com

- earthquakestore.com