

**DISASTER PREPARAEDNESS CHECKLIST**  
**For Earthquake or Power Failure**

**Emergency Supplies**

Flashlight; Different types(2)  
Bulbs & Batteries Extra  
Cyalume Lightsicks (6)  
Candles, Long lasting (8)  
Stove for cooking (1)  
Fuel for Stove (10)  
Lanterns with fuel (same type as stove)  
First Aid Kit (2) ‘See Master list below’  
Medication personal (2 weeks supply)  
Super sound Horn (1)  
Matches, Water/Wind proof ( 6 boxes)  
Radio battery Powered(1)  
Extra Batteries for Radio  
Hand generator radio/light  
Fire Extinguisher (ABC)  
Tool Kit, Small (1)  
Area Map

**Sanitation**

Betadine Soap (4)  
Portable Shower (1)  
Small Container w/lid (for Urine) (1)  
Large Container w/lid (for Feces) (1)  
Heavy-duty Plastic Bags  
Toilet Paper (4 Rolls for each person)  
Powdered Bleach 5-10 Gallons  
Towels, Paper (lots)  
Toothpaste/Toothbrush  
Peroxide

**Shelter**

5 Mil Plastic Sheeting  
Rope or Cord (50 ft)  
Folding Shovel (1)  
Pick (1)  
Crowbar (1)  
Axe (1)  
Hammer & Nails  
Saw (1)  
Staple hand gun (1)  
Extra staples for above  
Adjustable Wrench (1)  
Sleeping bags ( One per person)  
Cot or Foam Pad (1 ea.)  
Tent (1)  
Tarp (Polyethylene) (1)  
Rain Gear (1 each person)  
Emergency Blanket ( one each person)

Money (cash small bills)  
Clothes pins (20)  
Pet Carrier  
Sterile Water Packets ( 20 per person)  
Water Containers

**Clothing**

Shoes w/Heavy Soles (1)  
Work Gloves (1 pr)  
Warm Clothing, & Hat & Gloves  
Spare Glasses or Extra Contacts  
Spare Pet Leash (1)  
Sunscreen & Lip Balm (4)  
Sturdy Oak Cane (1)

**Food & Cooking Supplies**

Swiss Army Knives (2)  
Freeze-dried Food (lots)  
Canned or Dried Food  
(2400 calories per day per person)  
Fire Starters (Three different types )  
Water ( At least 2 Gallons per person per day)  
Hand Can opener (1)  
Paper Cups & Plates  
Large Pots & Pans w/lids  
Metal coffee Pot (1)  
Adjustable Pliers (2)  
Hot Pads (2)  
Aluminum Foil (3 rolls)  
Coffee – Tea – Cocoa -lots  
Powered Milk & Juices  
Pen & Stick on Labels  
Pet Food & Water  
Wash Pan & Dish Soap  
Cooking and Eating Utensils for each person  
Paper Towels (10 rolls)  
Handy Wipers (50)  
Hand Water Purifier System (1)  
Extra Filter for Above

**Misc. Supplies**

33 Gal. Trash Containers (for storing these supplies)  
Earthquake Survival Guide (1)  
List of Important Phone Numbers  
Household Inventory with Serial Numbers  
Petroleum Jelly tube (1)  
Castor Oil (1)  
Jerry’s Pills (20)  
Super Glue (2)

**First Aid Master List**

Accident Report Form & Pencils (1)  
Adhesive bandages, , large, fabric (24)

Alcohol wipes (10)  
Aloe Vera Gel ¼ oz for Wounds (1)

Ammonia Inhalants (2)  
 Analgesic Tablets (4)  
 Antacid Mints – Gaviscon Tablets (6)  
 Antaihistamine: Benadryl 25mg Tablets (24)  
 Antibiotic Triple Ointment (1)  
 Antibiotic Ointment, Tube ½ oz. (1)  
 Antifungal Cream, Tube ½ oz. (1)  
 Antiseptic Towelettes (6)  
 Artificial Tears® for eyes  
 Aspirin (50)  
 Bag, Biohazard Waste, Sealable (1)  
 Bandage Gauze 2” Conforming (2)  
 Bandage, Elastic 2” w/Velcro (2)  
 Bandage, Elastic 3” w/Velcro (2)  
 Bandage, Triangular w/Pins (3)  
 Bandages, Fingertip/Knuckle (10)  
 Benzoin Tincture (1)  
 Betadine Wipes (2)  
 Bisacodyl Tablets 5 mg for Constipation (12)  
 Blade, Razor, Single Edge (2)  
 Burn Cream (1)  
 Butterfly Closure Strips (6)  
 Calamine Lotion (1)  
 Castor Oil, Small Vial (1)  
 Chinese Medicines Pain Wounds etc., Kit (1)  
 CPR Mask (1)  
 Cream, 1st Aid (1)  
 Cream, Hydrocortisone 1% Tube (1)  
 Darvon, Pain Killers (6) From your Doctor  
 Dental Kit + Dental Wax + Dental Filling (1)  
 Dibucaine Ointment 1% for local Pain (1)  
 Diomode (2)  
 Dressings Non-adherent 3X4 (3)  
 Dressings Sterile 2X2 (3)  
 Dressings Sterile 4X4 (3)  
 Dristan® for Cold/Flu (10) Afrin also  
 Duct Tape 2” X 5-yd. (1)  
 Ephedrine Tablets [Jerry’s] (20)  
 Eye Pads (1)  
 First Aid booklet (1)  
 Gloves, Nitrile, Examination (2)  
 Hydrogen Peroxide (1)  
 Ibuprofen® 200mg Tabs, for Pain, fever (12)  
 Imodium A-D Caplets for Diarrhea (12)  
 Instant Ice Packs (2)  
 Laxatives (6)  
 Meclizine 25mg Tablets for Nausea (12)  
 Mole Foam 3X4 (4)  
 Moleskin 3X4 (4)  
 Needles, & Thread Assorted Sizes (12)  
 Oil of Cloves, Toothache Kit (1)  
 Oral Rehydration Salts, Package (1)  
 Orasol® (3)  
 Pads, Nu Gauze 3X4 (3)  
 Pellets, Cotton (5)  
 Petroleum Jelly, Tube (1)  
 Pins, Safety, Assorted Sizes (6)  
 Plastic garbage Bags (10)  
 Providone  
 PVP Iodine Wipes (3)  
 Q-Tips Applicators, sterile, 2 sets of (20)  
 Razor Blades (5)  
 Safety Pins Assorted sizes (20)  
 Salt, Tablets (25)  
 Scissors, Folding (1) □ Shears, EMT (1)  
 Spenco Second Skin Dressing Kit (1)  
 Splinter Picker / Tick Remover w/Glass (1)  
 Starr Otic Drops ½ oz, for Ear Pain (1)  
 Sting Ease® (2)  
 Super Glue small vial (2)  
 Surgical, Scrub, Hibiclens 4oz. (4)  
 Tape, Hypoallergenic ½ X 10 yards (1)  
 Tea Bags, Black (Lots)  
 Thermometer, in case (1)  
 Thermometer, Non-Mercury, in case (1)  
 Tongue depressors  
 Toothpicks (10)  
 Trauma Pads (2)  
 Triage tags (25)  
 Triangular Bandage (2)  
 Tweezers 2 Different (1)  
 Tylenol® Extra Strength (50)  
 Vials for Pills (as needed)  
 Water Purification Tablets Bottle (1)  
 Water Purifier system tablets (4 bottles)  
 Wipes, Hand, Anti-microbial (6)  
 Wire Splint / SAM® (1)

## CAR SURVIVAL CHECKLIST

- θ 35 mm Disposable Camera (1)
- θ Adjustable Wrench (1)
- θ Ammunition (as needed)??
- θ Batteries, Fresh (as needed)
- θ Binoculars (1)
- θ Blade(s) Weapon(s) (??)
- θ Blanket Acrylic 72”X 90” (1)
- θ Bleach 5% (1 gallon) (1)
- θ Buckets (2)
- θ Candles (10)
- θ Cash (??)
- θ Cell Phone, charged (1) ??
- θ Clothing, Warm (Full Set)
- θ Compass (1)
- θ Credit Cards (??)
- θ Cup drinking paper (10)
- θ Duct Tape (20ft) θ Two colors
- θ Dust masks (20)
- θ Eebits stove θ extra fuel (4)
- θ Fire extinguisher (2)
- θ First Aid Kit [See list to right \]
- θ Flares Road (10)
- θ Flashlight θ Headlight (1 each)
- θ Food bar (3600 calories) (4)
- θ Fuse kit for car (1 set)
- θ Gloves, Leather, Work (1pr)
- θ Gloves, Warm (1pr)
- θ Goggles over glasses type (1)
- θ Guns or self-defense weapon(s) (As needed)
- θ Hard Hat (1)
- θ Insect Repellent 100% (2)
- θ Jumper Cables (1 set)
- θ Knee Pads (1pr)
- θ Light sticks – 12 hour (5)
- θ Locking grip pliers (1)
- θ Matches θ Lighter θ Sandpaper (10 each)
- θ Notepad, waterproof (1)
- θ Nylon carrying daypack (1)
- θ O/C. Spray (1)
- θ Pens θ Pencils (4 each)
- θ Pry small bar (1)
- θ Radio AM/FM Hand crank θ Batteries (1)
- θ Rain Gear θ Pancho (1 each)
- θ Road Fares (4)
- θ Rope θ Twine (1 each)
- θ Screwdriver θ Hammer θ Pliers (1 each)
- θ Shoes, for walking (1pr)
- θ Shovel / Pick combo (1)
- θ Sleeping bag + θ Pad (1each)
- θ Socks, extra (3 sets)
- θ Sunscreen SPF +40 (1)
- θ Tea Bags (lots)
- θ Telephone Credit Card (??)
- θ Tire inflation device (1)
- θ Tissue pack (10)
- θ Vest – “Hi-Vis” Safety w name (1)
- θ Waste Bags (10)
- θ Water, Aqua Biox 8.45 oz. each (10)
- θ Water, One Gallon per day min two
- θ Wet wipes Towelettes (1 case)
- θ Whistle (2)
- θ First – Aid Car Kit including:
  - Accident Report Form + Pencil (1)
  - Adhesive Bandages Assorted (100)
  - Adhesive Bandages Knuckle (10)
  - Adhesive Tape ‘Tri-Cut’ (2)
  - Alcohol wipes (20)
  - Aloe Vera Gel (1)
  - Antacid tablets (10)
  - Antibiotic Ointment (10)
  - Antidiarrhetic Tablets (5)
  - Antihistamine (5)
  - Antimicrobial Hand Cleaner (5)
  - Antiseptic Hand Cleaner (25)
  - Antiseptic Towelettes (25)
  - Aspirin (100)
  - Benzion Tincture (2)
  - Burn Cream tube (4)
  - Butterfly Closure Strips (20)
  - Calamine Lotion (1)
  - CPR Mask (2)
  - Cream, First aid (5)
  - Dressings Sterile (4)
  - Elastic Bandages (3 diff.) 2 ea.
  - Eyewash (1)
  - Finger Bandages Assorted sizes (20)
  - First – Aid Manual (1)
  - Gauze Pads Assorted sizes (5 diff.) 5 ea
  - Hydrogen Peroxide (1 qt)
  - Ibuprofen (40)
  - Instant Ice Packs (5)
  - Latex gloves (1 box)
  - Laxative (1)
  - Moleskin (5)
  - Needles assorted (10)
  - Excedrin (100)
  - Petroleum Jelly tube (3)
  - Plastic Garbage Bags (10)
  - Povidone (1)
  - Q-Tips cotton (300)
  - Razor Blades (5)
  - Safety Pins Assorted sizes (20)
  - Salt Tablets (40)
  - Scissors θ EMT Shears (1 each)
  - Soap θ Shampoo (4 each)
  - Thermometer (1)
  - Thread for needles (1)

Tongue Depressors (10)  
Trauma Sterile Pads 5X9 (10)  
Triage tags (25)  
Triangular Bandage (2)

Tweezers  $\theta$  (2 diff.)  
Tylenol<sup>©</sup> Extra Strength (200)  
Water Purifier system Tablets (4 bottles)  
Wire Splint (SAM) (2)