



**Purchase:**

Quick-energy snacks (granola bars, raisins, peanut butter)  
 6 rolls of paper towels  
 3 boxes of facial tissue  
 Sunscreen  
 Anti-diarrhea medicine  
 Latex gloves- if no allergies to latex  
 (Buy 6 pairs and put in first aid kit)

**Activities:**

Check to see if your stored water has expired and needs to be replaced. (Replace every 6 months if you filled your own containers. Store-bought water will have an expiration date on the container.)  
 Put an extra pair of eyeglasses in the supply container  
 Store a roll of quarters with the emergency supplies and locate the pay phone nearest to your home  
 Find out about your workplace disaster plans

**Purchase:**

Whistle  
 A-B-C fire extinguisher  
 1 large can of juice per person  
 Adult and children vitamins  
 A pair of pliers and/or vise grips

**Activities:**

Take a first aid/CPR class  
 Identify neighbors who might need help in an emergency (limited mobility, health problems, children home alone, etc.)  
 Show family members where, when and how to shut off the utilities

**Purchase:**

Box of crackers or graham crackers  
 Dry cereal  
 -  
 cabinet doors and drawers  
 1 box of large, heavy-duty garbage bags  
 Camping or utility knife

**Activities:**

-  
 to prevent them from falling and/or opening during earthquakes  
 Meet with neighbors to inventory expensive equipment that could be shared in the event of an emergency, such as chain saws, chippers/shredders, utility trailers, snow blowers, and 4-wheel drive vehicles

**Purchase:**

Extra batteries for flashlights, radio, and hearing aids (if needed)  
 Heavy rope  
 Duct tape  
 Crowbar

**Activities:**

Make a small preparedness kit for your car. Include food, water, blanket, small first aid kit, a list of important phone numbers, and quarters for pay phones and vending machines.  
 Secure water heater to wall studs (if not already done)  
 Identify locations of pay phones in your neighborhood

**Purchase:**

Hammer and assorted nails  
 Screwdrivers and assorted wood screws  
 Heavy duty plastic tarps or plastic sheeting  
 Extra toothbrush per person and toothpaste

**Activities:****Purchase:**

Package of paper plates  
 Package of napkins  
 Package of eating utensils  
 Package of paper cups  
 Masking tape  
 Kitchen-size garbage bags (1 box)

**Activities:**

Make arrangements to have someone take care of your pets if you are at work when an emergency occurs  
 Exchange work, home, and emergency contact phone numbers with neighbors for use during an emergency  
 Start a Neighborhood Watch Program, if none exists

**Purchase:**

Heavy work gloves  
 Box of disposable dust masks  
 Safety goggles  
 Antiseptic  
 Sewing kit

**Activities:**