

CORE – Citizens of Oakland Respond to Emergencies
Oakland Fire Department
510.238.6351 • www.oaklandcore.org • core@oaklandnet.com

Emergency Supply List

After a major emergency, you should be prepared to be self-sufficient for at least 72 hours, without electricity, gas, running water or telephones. There are seven types of basic supplies you should keep on hand in an easily accessible location:

- **Water** – 3 gallons of water per person
Store water in airtight containers and replace every six months. Keep iodine tablets or chlorine bleach, eight drops per gallon, to purify water.
- **Food** – Non-perishable food that needs no cooking or refrigeration, such as:
 - Canned meats, fruits, vegetables, juices, milk and soup
 - High energy foods such as peanut butter and jelly, crackers, granola bars; energy bars, trail mix and nuts
 - Comfort foods such as cookies, hard candy, cereal, coffee, tea
 - Powdered or single-serve drinks
 - Packaged condiments

Store food in airtight, sealed plastic or metal containers and keep in a dark, cool place.

- **First Aid Kit** – Bandages, dressings, moistened towelettes, antiseptics, disinfectants, sunscreen, hot and cold packs, thermometer, scissors, tweezers, latex gloves, manual and prescription drugs (month's supply)

If you or someone in your household requires special medication, keep a 14-day supply. Keep an empty medication container with prescription label or photocopy of prescription. Also keep a supply of aspirin, vitamins, antacid, laxatives.

- **Tools and Supplies** – Essentials include:
 - Solar or battery-powered radio
 - Flashlights, light sticks
 - Extra batteries
 - Wrench or shut-off tools for gas and water meters
 - Fire extinguisher (A-B-C type)
 - Shovel, crowbar, pliers
 - Camp stove and fuel
 - Non-electric can opener, multi-purpose knife or scissors
 - Paper plates, paper cups, plastic utensils

- Portable toilet or five gallon plastic buckets with lids
 - Toilet paper
 - Garbage bags, plastic bags, plastic storage containers
 - Whistle, signal flare
 - Duct tape, masking tape
 - Waterproof matches
 - Cash, especially small bills and coins, credit card
 - Extra set of car keys
 - Bar soap/toiletries
 - Sunscreen, insect repellent
 - Map of the area
 - Personal identification or proof of current residency
- **Clothing and Bedding** – Include one complete change of clothing and footwear per person and the following items:
 - Sturdy shoes or work boots
 - Long pants. Long-sleeved shirt
 - Hat, cap
 - Heavy work gloves
 - Rain gear
 - Mask and goggles
 - Blankets, sleeping bags
 - **Important Personal Items** – Family members such as babies, the elderly or disabled and pets have special needs:

Adults – prescription drugs, dentures, contact lenses, extra eye glasses and prescription, extra cane, hearing aid batteries, sanitary supplies

Children – comfort items such as games, toys, stuffed animals, blankets

Infants – diapers, powdered milk, formula, bottles, medications, toys, special foods

Pets – collar, ID tag, leash, two-week supply of dry and canned food, water (1/2 gallon per day), litter box supplies, traveling cage or carrier

- **Mini-Survival Kit for Car and Work** – Keep a small emergency pack in your car and at your workplace and include some of the following items:
Flat, sturdy shoes, small first aid kit and manual, toilet paper, zipper bags, flashlight and extra batteries, portable radio with extra batteries, heavy gloves, small tool kit, flares, mylar blanket, medication, whistle, water, snacks, cash, local maps