

# BUILD YOUR EMERGENCY KIT

You need enough supplies to last up to **7 days**

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Water (1 gallon per person per day)

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First aid kit

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Important documents

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Non-perishable food

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Power cords/chargers

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Dust mask

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Manual can opener

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Whistle

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Family emergency contact information

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Battery, solar powered or hand crank radio

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Cash (small bills)

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Pet food, water, & supplies

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Flashlight

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Medication

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Supplies for children and infants

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Extra batteries

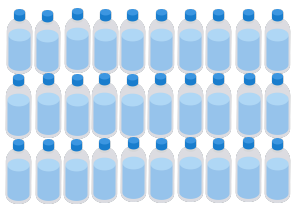
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Personal toiletry items

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Comfort items and games, books, puzzles

## HAVE ENOUGH WATER



You need a gallon of water per person per day. For a family of 4 that's around 224 16oz bottles of water for a 7 day supply.

## ...ENOUGH FOOD



Tip: Make sure it is food your family will actually eat.

Each family member needs enough food for up to seven days. Consider the amount of calories needed per person per day (see below):

- Children ages 2-8: 1000-1400 calories
- Children ages 9-18: 1600-2200 calories
- Adults: 1600-2400 calories

## ...AND PLENTY OF BATTERIES



Enough for your cell phone charger, radio, and flashlight.



Solar powered devices are a good option as well.

## STORING YOUR KIT

Your kit needs to be in an accessible location like a closet, under your bed, or in an attached garage.



Backpack



Luggage



Storage box



Waterproof bag/container

Use a container that is easy to transport and is element proof.

## DON'T FORGET.....



Keep a kit in your vehicle



Keep a small kit at work



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Check expiration dates



Pets need their own kit

## HAVE A COMMUNICATION PLAN



1.COLLECT. Create a paper copy of the contact information for your family and other important contacts (e.g. people/offices, such as medical facilities, doctors, schools, and service providers).

2. SHARE. Make sure everyone who is part of your plan carries a copy in their backpack, purse, or wallet. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.



3. PRACTICE. Have regular meetings with roommates and/or household members to review and practice your plan.

## HELPFUL TIPS

### TEXT IS BEST!

If you are using a mobile phone, a text message may get TEXT through when a phone call will not. This is because a text message requires far less bandwidth than a phone call.

Text messages may also save and then send automatically as soon as capacity becomes available.



### TRAIN UP

Take a first aid and CPR class through the American Red Cross. Or volunteer for the LMU Emergency Response Team, and help our community prepare, respond, and recover during a natural disaster.

### SIGN UP FOR ALERTS

Check your LMU Alert account to verify that all email and phone numbers are current.

Sign up for City specific notifications: Los Angeles - [NotifyLA](https://www.notifyla.com/) , LA County - [Alert.LACounty.gov](https://www.alert.lacounty.gov/) OR go to - [lacounty.gov/emergency/alert-la/](https://www.lacounty.gov/emergency/alert-la/)

### LEARN MORE

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