BUILD YOUR EMERGENCY KIT

You need enough supplies to last up to 7 days

1. Water (1 gallon per person per day)
2. Non-perishable food
3. Manual can opener
4. Battery, solar powered or hand crank radio
5. Flashlight
6. Extra batteries
7. First aid kit
8. Power cords/chargers
9. Whistle
10. Cash (small bills)
11. Medication
12. Personal toiletry items
13. Important documents
14. Dust mask
15. Family emergency contact information
16. Pet food, water, & supplies
17. Supplies for children and infants
18. 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
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

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

...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.

DON'T FORGET......
Keep a kit in your vehicle
Keep a small kit at work
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, LA County - Alert.LACounty.gov OR go to - lacounty.gov/emergency/alert-la/

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