

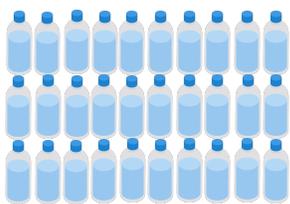
# BUILD YOUR EMERGENCY KIT

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



- |   |  |  |
|---|--|--|
| <input type="checkbox"/>  Water (1 gallon per person per day)         | <input type="checkbox"/>  First aid kit             | <input type="checkbox"/>  Important documents                       |
| <input type="checkbox"/>  Non-perishable food                         | <input type="checkbox"/>  Power cords/chargers      | <input type="checkbox"/>  Dust mask                                 |
| <input type="checkbox"/>  Manual can opener                           | <input type="checkbox"/>  Whistle                   | <input type="checkbox"/>  Family emergency contact information      |
| <input type="checkbox"/>  Battery, solar powered or hand crank radio | <input type="checkbox"/>  Cash (small bills)        | <input type="checkbox"/>  Pet food, water, & supplies               |
| <input type="checkbox"/>  Flashlight                                | <input type="checkbox"/>  Medication              | <input type="checkbox"/>  Supplies for children and infants       |
| <input type="checkbox"/>  Extra batteries                           | <input type="checkbox"/>  Personal toiletry items | <input type="checkbox"/>  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



1/20/1998

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.



### TAKE A CLASS

Take a First Aid and CPR class through the American Red Cross, [redcross.org](http://redcross.org). Or participate in Los Angeles Community Emergency Response Team CERT training, [cert-la.com](http://cert-la.com).

### 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](http://NotifyLA), LA County - [Alert.LACounty.gov](http://Alert.LACounty.gov) OR go to - [lacounty.gov/emergency/alert-la/](http://lacounty.gov/emergency/alert-la/)

### LEARN MORE

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