



Stock Up for Safety

Build your own quake kit

An earthquake can leave you without water, electricity and access to grocery stores.

You'll need supplies to last until services are restored—at least three days. Use this checklist to purchase and gather items to ensure that you and your family are quake ready.

WATER

- ☐ 1 gallon (4 L) per person per day

FOOD

Buy a three-day supply of food for your household.

Choose items with long shelf lives:

- | | | |
|--|---|--|
| <input type="checkbox"/> Canned meats | <input type="checkbox"/> Canned or dry milk | <input type="checkbox"/> Trail mix |
| <input type="checkbox"/> Canned beans | <input type="checkbox"/> Instant oatmeal | <input type="checkbox"/> Peanut butter |
| <input type="checkbox"/> Canned soups | <input type="checkbox"/> Granola bars | <input type="checkbox"/> Jelly |
| <input type="checkbox"/> Canned vegetables | <input type="checkbox"/> Juice boxes or pouches | <input type="checkbox"/> Crackers |
| <input type="checkbox"/> Canned fruits | | <input type="checkbox"/> Infant food if needed |

Include foods that supply an average of 1,600 calories per day for each family member—2,000 per adult and 1,200 per child. For a family of four for three days, that's 19,200 calories!

SEE REVERSE »



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Seek out a large, portable watertight container to store these important kit items.

ESSENTIAL TOOLS AND CLEANUP

- | | | |
|---|--|--|
| <input type="checkbox"/> Radio, crank or battery operated | <input type="checkbox"/> Tarp, plastic sheeting | <input type="checkbox"/> Camp stove, fuel, matches |
| <input type="checkbox"/> Flashlight | <input type="checkbox"/> Adjustable wrench for gas shutoff | <input type="checkbox"/> Pen and paper |
| <input type="checkbox"/> Batteries: AA, C and D | <input type="checkbox"/> Multipurpose tool | <input type="checkbox"/> Food-storage bags |
| <input type="checkbox"/> Whistle | <input type="checkbox"/> Manual can opener | <input type="checkbox"/> Aluminum foil |
| <input type="checkbox"/> Work gloves | <input type="checkbox"/> Cups, plates, bowls, flatware | <input type="checkbox"/> Paper towels |
| <input type="checkbox"/> Dust masks | | <input type="checkbox"/> Dish soap |
| <input type="checkbox"/> Garbage bags | | <input type="checkbox"/> Duct tape |

FIRST AID AND HYGIENE

- | | | |
|--|---|---|
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Toothbrush, toothpaste | <input type="checkbox"/> Hand sanitizer |
| <input type="checkbox"/> Medications | <input type="checkbox"/> Toilet paper | <input type="checkbox"/> Antibacterial towelettes |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Sanitary supplies | <input type="checkbox"/> Liquid bleach |
| <input type="checkbox"/> Shampoo | | |

PERSONAL ITEMS

- | | | |
|---|---|--|
| <input type="checkbox"/> Change of clothes, sturdy shoes, rain poncho | <input type="checkbox"/> Extra glasses or hearing aids | <input type="checkbox"/> Emergency contact phone numbers |
| <input type="checkbox"/> Warm clothing: gloves, hat, jacket | <input type="checkbox"/> Comfort items: toys, books, games | <input type="checkbox"/> Cash in small bills |
| <input type="checkbox"/> Blanket or sleeping bag | <input type="checkbox"/> Local map | |
| | <input type="checkbox"/> Copies of ID and important documents | |

PETS

- | | | |
|--|--------------------------------|---|
| <input type="checkbox"/> Pet food and water (three-day supply) | <input type="checkbox"/> Bowl | <input type="checkbox"/> Portable carrier |
| | <input type="checkbox"/> Leash | |

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