A major accident could cause loss of electricity, water, gas and telephone. You may have to survive several days on your own without outside help.

Get prepared now! Stock emergency supplies!
( Remember to check batteries, change the stored water and rotate the food supplies every six months.)

☐ Canned food that can be eaten without cooking

☐ Canned juices

☐ Manual can opener

☐ Dry foods

(crackers, cookies, hard candy, sweetened cereals, peanut butter, jelly, etc.)

☐ Bottled drinking water (allow one gallon per person per day)

☐ Flashlights, battery powered radio/extra batteries

☐ Ample supply of prescription medications

☐ First-aid kit

(band-aids, bandages, cold compress, ointment, antiseptic, aspirin, ibuprofen, etc.)

☐ Fire extinguisher

☐ Paper towels, towelettes, toilet paper

☐ Liquid soap

☐ Heavy duty plastic bags for waste disposal

☐ Small bottle of chlorine bleach to disinfect drinking water

☐ Wrenches to turn off gas and water supplies

☐ Blanket (preferably thermal)

☐ Pair of work gloves

☐ Pair of flat-heeled shoes

☐ Disposable particle/dust mask

Prepared by Redondo Beach Citizen Corps. Council
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