



KEEP UNDER OR NEAR YOUR BED AT ALL TIMES

- Crow bar (in case you have to move fallen debris or pry open jammed doors after an earthquake) [**NOTE:** after the shaking stops, **immediately prop a safe exit door open** so it does not jam shut in an aftershock]
- Whistle (for signaling for help)
- Flashlight (with extra batteries)
- \$300 in small bills and coins per person per household: \$10, \$5 and \$1 and coins [**NOTE:** ATM's and cash registers will likely be down and cash could be your sole economic means to buy services and goods]
- Spare eyeglasses [**NOTE:** older vision prescription better than no glasses]
- Sturdy closed-toe shoes or boots and socks
- Warm natural-fiber coat, clothes and hat. [**NOTE:** synthetic fiber clothing ignites quickly and melts into your skin in wildfire conditions]
- Protective safety eye goggles (for avoiding flying embers and debris)
- Escape ladder (for patio balcony exit if needed) and lanyard rope (for lowering your Grab n' Go Bag down to the ground first if front door exit is blocked by debris or fire and you must exit over balcony using escape ladder)
- Split leather (suede) work gloves

THREE-DAY GRAB N' GO BAG IN A SINGLE BACKPACK, DUFFLE OR BAG ON WHEELS FOR MANDATORY EVACUATION CALLED BY CIVIL AUTHORITIES

- Three-day water supply (1-2 gallons per person: warmer weather and medical needs can double drinking water needs)
- Three-day light-weight, high-calorie, high-protein, high-liquid, low-sodium,

- ready-to-eat non-perishable food supply (protein bars; fruit bars; canned pop-top meats like tuna, salmon, chicken, turkey; whole grain cereals; canned fruits; canned juices; dried fruits; nuts; crackers; raisins; whole-grain cereals)
- Three-day supply of medications in your red plastic Evac Pac labeled with your name, address and phone number
- Manual can opener
- Battery, hand-cranked or solar-powered radio tuned to KCBS All News 740AM or 106.9FM (for Bay area emergency information) plus extra batteries
- Tissue packets (6)
- Whistle and small hand mirror (to signal for help)
- Solar-powered cell phone charger
- Mylar blanket for warmth
- Personal daily hygiene items
- Rain wear and umbrella
- Toilet paper and moist towelettes
- Mini/external hard drive (updated with passwords and scanned copies of records, licenses and policies) or copies in fire-resistant document pouch
- Over-the-counter meds: vitamins, pain relievers, anti-diarrheals, antacids, laxatives
- Medical devices you use every day
- Video inventory on cell phone stored on mini-hard drive, laptop or e-tablet of house and garage contents (for home insurance claims)
- List of in-state and out-of-state emergency contacts [**NOTE:** local area codes may be blocked on purpose to allow emergency personnel to communicate following a disaster so your first and only communication may be a text to one out-of-state contact who will call your contact list to update them of your status]
- Comfort items: books, cards, writing materials, magazines
- [**NOTE:** pack all food in clear plastic bags

Keep car at least half-full with gas (three-quarters is even better). Disasters necessitate long evacuation lines AND short supplies. As you leave, grab your purse or wallet, house and car keys, cell phone, laptops, tablets, charger cords]

ALL THE SUPPLIES ABOVE (IN BOTH YOUR UNDER-THE-BED AND GRAB N' GO BAG STASHES) WILL BE AVAILABLE TO YOU FOR YOUR SHELTER-IN-PLACE SUPPLIES LISTED BELOW — NO NEED TO REPEAT AN ITEM!

TWO WEEKS SHELTER-IN-PLACE SUPPLIES IF ORDERED BY CIVIL AUTHORITIES TO REMAIN AT HOME IN ROSSMOOR

- High-calorie, high-liquid, high-protein, low-sodium (salt makes you thirstier), ready-to-eat (no cooking required), non-perishable foods: protein bars, fruit bars, dry cereal or granola, canned meats (tuna, chicken, salmon), canned vegetables, canned fruit, canned juices, canned soups, peanut butter, dried fruits, nuts, crackers, jerky, non-perishable pasteurized milk, raisins and comfort foods (candy, cookies, sweetened cereals, instant coffee, milk and tea)

[**NOTE:** store all food in plastic ziplock-type XXL bags]

[**NOTE:** eat food in this order following shelter-in-place order and/or power outage: eat food first

- 1) from your fridge;
 - 2) then freezer;
 - 3) then pantry; and
 - 4) finally, from your emergency food supply]
- Manual can opener, plastic bags (different sizes), large trash bags, aluminum foil
 - Disposable cups, plates and utensils
 - Water for 14 days: minimum of 2 gallons per day for each person (for both drinking and sanitation) plus water for pets (8 ounces per animal pound per day) [2 gallons for 2 people for 14 days = 56 gallons stored in both manor and garage; 2 gallons for 1 person for 14 days = 24 gallons stored in manor and garage]
 - Medications for 14 days (if possible). [**NOTE:** you can often fill prescriptions every 27 days allowing you to store up to 3 extra daily doses each month for

your Grab n' Go Bag and Shelter-in-Place medication needs (rotate regularly by expiration date)

- Portable toilet, kitty litter (waste deodorant) and liner bags (if water pipes are broken and manor toilets do not flush) [**NOTE:** every three days wastes are buried outside in liner bags]
- Personal sanitation items: toilet paper, moist towelettes, hand sanitizer, tissues, paper towels
- Tweezers, nail cutters, sunscreen (these may already be in your first aid kit in your Grab n' Go Bag)
- Latex or nitrile gloves (protects you against bacterial infection while administering first aid)
- Hydrogen peroxide, rubbing alcohol
- Swiss army knife, hammer, pliers, scissors
- Battery or solar lantern (extra batteries), headlamp (with extra batteries), signal flares, liquid glow sticks (when all batteries fail you) [**NOTE:** NEVER light candles inside your manor following a disaster — one disaster is plenty!]
- Small folding camp stove (for power outage): cooking pot, hot pad and matches stored in glass container plus 30-day supply of fuel disks or propane tanks [**NOTE:** use no charcoal]
- Plastic sheeting (4 to 6 mm thick), duct tape scissors and staple gun (for broken windows or for sealing off "safe room" inside manor)
- Water purification supplies to disinfect water if power is lost: unscented, color-safe, no-added-cleaners liquid chlorine bleach (sealed, unopened), glass medicine dropper [**NOTE:** 1/4 teaspoon or 16 drops of bleach added to one gallon of water and let stand for 30 minutes; if bleach taste remains: pour water from one clean container to another for several minutes to aerate enough to reduce bleach odor and taste]
- N-95 respirator mask
- Fire extinguisher
- Two tarps (at least 6 X 8 feet)

CHECK OUT OUR ROSSMOOR EPO WEBSITE FOR RESOURCES FOR ROSSMOOR RESIDENTS TO STAY SAFE AND RESILIENT IN A DISASTER:

www.rossmoorepo.org