



EMERGENCY SUPPLY CHECKLIST

Food & water

- At least 1 gallon/person/day (extra for nursing mothers) for drinking and sanitation
- At least 3 day food supply/person (food people will eat and that requires little or no preparation or refrigeration)
 - Ready to eat food (meats, fruit, vegetables)
 - Protein or fruit bars
 - Peanut butter
 - Cereal
 - Dried fruits
 - Crackers
 - Canned milk
 - Canned fruits
 - High energy foods
 - Vitamins
 - Food for infants / elderly
 - Comfort food
 - Tea & coffee
- Plates, cups, utensils
- Can openers, cooking supplies
- Camping stove & fuel
- Food and water for pets

Health

- First aid kit
- Medications (BP, insulin, etc.)
- Pain relief, antacid, anti-diarrhea
- Dust masks
- Baby supplies (diapers, formula, wipes, bottles)
- Eye glasses, contact lens supplies
- Denture supplies
- Toothbrushes, tooth paste
- Moist towelettes
- Toilet tissue
- Garbage bags
- Bleach
- Soap, shampoo
- Feminine supplies
- Sanitation supplies
- Portable water bottle

Supplies & Documents

- Work gloves
- Shovel
- Batteries
- Radio (battery or hand cranked)
- Flashlights, head lamps, lanterns
- Matches
- Paper towels
- Tools (including gas wrench)
- Garbage bags / plastic bags
- Sleeping bags, Blankets, Tents
- Fire extinguisher (A, B, C type)
- Dusk mask
- Whistle
- Tarps
- Rope, cord
- Tape (including heavy duty)
- Tacks, nails
- Towels
- Extra house & car keys
- Candles
- Sturdy shoes
- Pet supplies – leash, carrier, bowl
- Extra clothes (change of clothes)
- Markers, pens, paper
- Activities for children (games, cards)
- Car charger for cell phone
- Maps
- Extra cash (\$20 bills or smaller)
- List of contacts (local & out of area)
- Copies of birth certificates, ownership papers, passport, and other essential documents

CENTRAL COUNTY FIRE DEPARTMENT

Proudly serving Burlingame, Hillsborough & Millbrae

650-558-7600 – WWW.CCFDONLINE.ORG



EMERGENCY SUPPLY CHECKLIST

References & Information

- FEMA – ready.gov
- SMC Alert – smcalert.info (San Mateo County emergency alerts)
- SMC Ready – smcready.org
- Red Cross – redcross.org/find-help/disaster-recovery
- Driving - dmv.org/how-to-guides/emergency-kit.php
- Pet supplies - aspca.org/pet-care/disaster-preparedness
- Basic Disaster Supply Kit – ready.gov/kit
- Build a Kit - www.ready.gov/build-a-kit
- Make a Plan - ready.gov/make-a-plan
- Food safety - www.ready.gov/food
- Businesses – ready.gov/business
- Where to store your supplies - www.ready.gov/kit-storage-locations
- Rotate (change) your food and water supplies every 6 months (write dates on them)

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