

# Backpack Kit

When an earthquake or other emergency occurs, you may not be at home. Keeping these items in your car will make you more comfortable and help you be prepared for the hectic hours ahead. They're also useful during non-emergency situations!

## Emergency Supplies to Keep in Your Car

Get a backpack. Print out this list and keep it in your wallet or purse. Add items to your kit as you obtain them...Stay safe!

Flashlight & Batteries	Dust Mask (N95)
Lightsticks	Shoes
Toilet Paper	Work Gloves
Toothbrush & paste	Old Clothes
Shampoo & comb	Goggles
Deodorant	Matches
Space Blanket	Whistle
Heat Pak	Water
Manual Can Opener	Battery Radio
Swiss Army Knife	Snacks
First Aid Kit	Lip Balm
Medical Gloves	Rain Poncho
First Aid Book	Upset Stomach Medicine
Antibacterial Wipes	Vitamin C
Dollars & Quarters	Tissue/Toilet Paper
Prescription Meds	Eyeglasses
Insurance Info	Family Photo
Phone Numbers	Plastic Bags

## Explanation of items

Flashlight & Batteries	Power may be out. Keep the batteries in their original package and replace before the expiration date
Lightsticks	In case batteries don't work...lightsticks give up to 12 hours of light
Toilet Paper	In case you're stranded!
Toothbrush & Paste	You may not get home for a while
Shampoo & comb	If you have the opportunity to freshen up
Deodorant	Aid comfort in stressful situations
Space Blanket	Light weight, compact, will keep you warm
Heat Pak	Warmth or injury treatment
Manual Can Opener	To open canned food
Swiss Army Knife	Multi use tool for most situations
First Aid Kit	Treat minor injuries
Medical Gloves	Bacteria protection while giving first aid
First Aid Book	Assist with first aid treatment
Antibacterial Wipes	Keep hands clean and conserve water
Dollars & Quarters	ATMs may not work. Businesses can require cash payments and have minimal change <i>Pay phones will be useable before residential phones</i>
Prescription Medications	Keep at least a three day supply with you – replace each time you refill the prescription

Insurance Information	Keep a duplicate copy with you in case you can't get back in your house
Phone Numbers	Out of area contact who can relay information to other family members. Local area codes will be blocked. School emergency contact numbers.
Dust Mask (N95)	Minimize inhaling dust after an earthquake
Shoes	Protect feet from broken glass, nails, etc.
Work Gloves	Protect hands from glass and other hazards
Old Clothes	Comfort and protection from elements
Goggles	Protect eyes from dust and debris
Matches	Not to be used if natural gas is present. Cooking fires, lanterns
Whistle	Provide a means to call for help
Water	At least one gallon in your car...replace every 6 months
Battery Radio	Keep informed when power is out and you leave your car
Snacks	Provide nourishment while trying to get home
Lip Balm	Keep lips healthy
Rain Poncho	Protection from rain
Upset Stomach Meds	Relief in case you eat bad food or water
Vitamin C	Promote health in stressful situations
Tissue/Toilet Paper	Multi use product
Eyeglasses	Keep an old pair of glasses available in case yours are lost or damaged
Family Photo	Help other to locate your family members
Plastic Bags	Disposal of waste products

Include anything else that will make you more comfortable!