WHO ARE YOU SHOPPING FOR?

Whether you are shopping for your family, friends, or yourself, having some extra everyday items on hand goes a long way in an emergency.

OUR CITY. READY FOR ANYTHING.

72hours.org
EMERGENCY SUPPLIES SHOPPING LIST

April 18th marks the 106th anniversary of the 1906 San Francisco Earthquake and Fire. This significant San Francisco earthquake anniversary is a reminder to build upon your earthquake preparedness. The San Francisco Department of Emergency Management hopes this shopping list will help you identify which everyday household items are important to have on hand should there be an emergency. Whether you are shopping for your family, friends, or yourself, having some extra everyday items on hand goes a long way in an emergency. And as you shop, you may find you are more prepared than you think.

GET STARTED

Large, weatherproof container to store your disaster supplies (i.e., plastic garbage can with lid and wheels)

FOOD & WATER

At least three gallons of water for each family member. At least three-day supply of food for your family. Consider items with a long shelf life:

- Canned fruit and vegetables
- Peanut butter and jelly
- Crackers, cookies and cereals
- Dry milk and canned juice
- Energy bars and jerky
- Canned meat and soups
- Nuts and dried fruit

PERSONAL HEALTH AND SAFETY

☐ First aid kit and handbook
☐ Change of clothes
☐ Warm jacket or coat
☐ Sturdy shoes
☐ Warm gloves
☐ Hat
☐ Warm blanket or sleeping bag
☐ Toothbrush or toothpaste
☐ Towel or washcloth
☐ Soap, shampoo and comb
☐ Feminine products
☐ Extra/prescribed medications and medical supplies
☐ Contact lens case and solution
☐ Eyedrops
☐ Extra eyeglasses
☐ Hearing aid batteries
☐ Whistle

SANITATION

☐ Unscented liquid household bleach
☐ Eyedropper
☐ Hand sanitizer
☐ Heavy duty plastic garbage bags
☐ Plastic bucket with tight lid
☐ Toilet paper

COMMUNICATIONS

☐ Battery-powered radio
☐ Permanent marker
☐ Paper and pen
☐ Local map
☐ Extra keys for home and vehicle
☐ Emergency cash in small denominations
☐ Quarters (for phone calls)
☐ List of emergency contact phone numbers
☐ Copy of driver’s license and insurance policies
☐ Photos of family members and pets

TOOLS AND CLEANUP

☐ Flashlights and extra bulbs
☐ Extra batteries
☐ Work gloves
☐ Dust masks
☐ Goggles
☐ Adjustable wrench
☐ Heavy-duty plastic sheeting or tarps
☐ Crowbar
☐ Hammer and nails
☐ Duct tape
☐ Bungee cords
☐ Disposable camera

CHILDREN AND INFANTS

☐ Entertainment toys, game books, playing cards, art supplies, etc.
☐ Baby food or formula
☐ Diapers and baby wipes

PETS

☐ Pet food (for one week)
☐ Water (for one week)
☐ Medicine (for one week)
☐ Portable carrier
☐ Extra leash
☐ Extra litter
☐ Bowl
☐ Toys

TO TAKE YOUR PREPAREDNESS TO NEW LEVELS:

Register for www.alertsf.org to receive text and email emergency notifications, alerts and warnings.

Empower yourself to be a real-life hero in your community by learning how to prepare and protect yourself and those you care about in the event of an emergency.

Download SF Heroes to your smartphone and start earning points and gaining Super Power Badges as you successfully complete tasks in the real world.

Experience free instructor led hands-on training in personal preparedness and response; gain confidence to respond to a personal emergency; become a participant on your neighborhood response team: take NERT! Visit the San Francisco Fire Department at www.sfgov.org/sffd/ner to get started.