



Make a kit, make a plan, be prepared!

Supplies should last for at least 3 days. You should be able to get to your kit quickly in case of an evacuation. Consider keeping extra supplies at home in the event of a longer stay at home.

Sponsored by the Truckee River Flood Project in cooperation with the EOC

Water

- Having enough water is a top priority.
 - Store at least 1 gallon of water per person per day (at least 3 gallons per person, total). If you live in a warm climate you may need more.
 - Change stored water every 6 months so it stays fresh.
 - Store water in clean plastic, fiberglass or enamel-lined metal containers. Don't use glass or other breakable containers.
 - If you purchase bottled water, keep it in the original, sealed container. Observe the "use by" date.

Food

- Stock familiar foods that need no refrigeration or cooking and little or no water to prepare, such as:
 - Ready-to-eat canned meats, fruits and vegetables
 - Canned milk and juices
 - Peanut butter, granola bars, crackers and other high-energy foods
 - Formula or baby food if you have an infant
 - Pet food and additional water for pets
- Rotate stored food with your regular supply so your emergency supply stays fresh

Hygiene supplies

- Soap and hand sanitizer
- Toilet paper and paper towels
- Garbage bags
- Toothpaste & toothbrushes
- Shampoo & deodorant
- Feminine supplies / diapers for infants
- Comb and brush
- Household chlorine bleach & rubber gloves

Tools & other supplies

- Non-electric can opener
- Cups, plates, utensils
- Flashlight and extra batteries
- Battery-powered radio and extra batteries
- Matches in a waterproof container
- Fire extinguisher
- Plastic sheeting and duct tape
- Dust masks or cotton cloths to help filter air
- Pliers and shut-off wrench for shutting off gas and water supplies
- Scissors
- Needles and thread
- Whistle
- Compass and local map
- Paper and pencils
- Blankets and/or sleeping bags
- Changes of clothes (be sure to replace these to match the season)
- Sturdy shoes or boots
- Rain gear and/or outerwear that matches the season (winter hats, gloves)
- Emergency cash or travelers checks and coins
- First aid kit
- Rubber gloves
- Pharmaceuticals, essential medications, such as insulin should be included, too
- A fireproof, waterproof safe for important family documents

Your family's unique needs

- Think about your family's unique needs. Stock other items that would be either necessary or comforting, such as playing cards or board games.
