



PERSONAL PREPAREDNESS KIT

Checklist



Water*



First Aid Kit*



Flashlight*



Non-Perishable Food*



Can Opener



Plastic Utensils



Warm Clothes and Sturdy Shoes*



Blankets*



Battery Operated Radio



Cash*



Matches*



Tools*



Prescriptions*



Copies of Personal Documents



Personal Hygiene, Sanitation Items*



Writing and Activity Items*

Car Emergency Kit



Flares



Jumper Cables



Work Gloves



Maps



Emergency Phone Numbers**

**A vehicle kit should also include these items.*

***Emergency Phone Numbers should also be included in the Personal Preparedness Kit.*

Suggestions

Water: 1 GALLON PER PERSON PER DAY ex: 1 gallon x 1 person x 5 days = 5 gallons

First Aid Kit: antiseptic wipes, antibacterial ointment, gauze pads, bandage adhesive, medical adhesive tape, pain-relief medication, antihistamine (treat allergic reactions), splints, cold-pack, and disposal gloves.

Flashlight & Battery Operated Radio: extra batteries

Non-Perishable Food: jerky, power bars, nuts, peanut butter, canned tuna, cereal, granola bars, pasta, dried fruit, etc.

Cash: small bills and coins

Matches: waterproof matches or in a sealed container

Tools: Pliers, hammer, duct tape, screw driver, whistle, pocket knife.

Prescription: information regarding the medication

Copies of Important Documentation: government identification such as license, passport, social security, birth certificate

Personal Hygiene & Sanitation Items: soap, toothbrush, toothpaste, baby wipes, toilet paper, antimicrobial hand wash

Emergency Phone Numbers: police department non-emergency number, local emergency/hospital, insurance information, any medical condition, primary doctor contact, dentist, home information, emergency contacts (family members), trusted neighbors contact

These items should be added if there are: **Infants and Toddlers**

- Formula, disposal bottles
- Additional water
- Diapers, wipes
- Baby cereal/food
- Clothes
- Toys
- Infant medication
- Pedialyte, electrolyte replacement solution

These items should be added if there are: **Pets**

- Additional water: 1 gallon per pet
- Food
- Bowl
- Treats
- Toys
- Vaccination, medical records, allergies

STUDENT AFFAIRS & ENROLLMENT MANAGEMENT DIVISION OF CAMPUS SAFETY

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Emergency: **911** | Emergency-Preparedness Office: 415/338-3950

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Emergency Preparedness URL: <https://upd.sfsu.edu/content/eprep>



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