



## Los Angeles Police Department Special Operations Bureau

# EMERGENCY PREPAREDNESS *BULLETIN*

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Prepared by Emergency Operations Division

### PERSONAL DISASTER KITS – DO YOU HAVE ONE?

It is inevitable that a catastrophic event, either natural or man-made, will occur in the southern California region. Department personnel will be called upon to respond to the needs of the various communities of Los Angeles. The Department recognizes that under such circumstances, in order to respond appropriately to their work assignment, employees must be satisfied that their family members are safe and provided for. Preparing a home disaster kit is the first step to ensuring your family's survival, security and comfort in any crisis.

Disaster kits are useful in all situations in which home life is severely disrupted. In the event of an ordered evacuation, you or your family may be transported to a location which has limited means to support evacuees. In the event of an earthquake or destructive storm, you may be without basic services or ability to replenish food and other necessary items for several days. The goal of a pre-staged disaster kit is to provide for your family's basic needs during that initial period of an emergency when basic services may not be available.

What follows is a list of items to be included in a home disaster kit, stored in one or more sturdy bins and located in an easily accessible location within your home, garage or outside storage location. Your food and water supply should be enough to feed and support your family for a minimum of three days. Items listed in red should be placed on the top of your kit, allowing immediate access in darkness. Asterisk/highlighted items are imperative; the rest are very strongly recommended.

- **\*A decent first aid kit**
- **\*Sturdy work gloves**
- **\*Flashlight with extra batteries**
- **\*Water** – minimum of three gallons per person or pet, one gallon per person or pet per day. Store separately – rotate regularly.
- **\*Medication** – rotate it
- **\*Prescription glasses** (even an old prescription)
- **\*Baby food** (rotated as needed and with age of child)
- **\*Baby needs** (bottles, diapers, wipes, etc.)
- **\*Non-perishable foods**. For obvious reasons, canned foods are ideal (soups, pastas, meats, fruit, etc.). Concentrate on foods that require little to no preparation, such as instant oatmeal, granola bars, breakfast bars, crackers, jerky or trail mix. Try to avoid a high concentration of salty foods and be sure to rotate as needed. See additional note on food storage and consumption.
- **\*Can opener**
- **\*Pet food** – rotate it
- Pet needs (leash, tie down, etc.)

- Sanitary supplies: baby wipes, toothpaste, toothbrushes, shampoo and soap, feminine hygiene articles.
- \*Household bleach (for cleaning/sanitizing food and cooking utensils, etc.)
- Children's activity/coloring books and pencils/crayons
- Water purification tablets
- \*Garbage bags
- \*Toilet Paper
- \*Copies of important documents (originals should be kept in a safe deposit box):
  - Birth certificates
  - Property deeds, wills
  - Insurance information (medical, house, car)
  - Long term prescriptions
  - Vehicle pink slips
  - Driver license
  - Copy of at least one major credit card (front and back)
  - Note your bank account numbers and necessary personal/professional contact numbers.
- \*Money in small denominations – it will be a cash society and ATMs will likely be inoperable.
- Appropriate (warm) set of clothing and comfortable, sturdy shoes.
- \*Extra set of car keys or other important keys (such as safe deposit box key)
- \*Eating utensils and unbreakable plates and cups
- Cooking utensils
- If you do not keep maps/Thomas Guides in your personal vehicle(s), consider putting them in the kit.
- If you have all cordless phones in your residence, add a regular “corded” phone (which does not require electricity to operate) to your disaster kit.
- \*Radio (preferably solar or dynamo generator style, otherwise add extra batteries)
- Blanket/sleeping bags
- Sturdy knife (hunting or folding style)
- \*Tools for emergency shut off of gas (if the tools are not pre-staged at the gas meter)
- Strong duct tape or military grade tape (“100 mile an hour tape”)
- Store camping gear nearby (if you own tents, camp stoves, canopies, etc.)

NOTE: If you are unwilling or unable to put together your own disaster kit, pre-fabricated kits can be purchased on-line or in retail stores. Though you will still need to personalize it with certain items (glasses, clothing, medication, etc.).

Important notes on food:

- Food in the refrigerator should be eaten first, as the food in the freezer will stay cold longer. Freezer food which has thawed to ‘fridge temperature is safe to eat, and the freezer makes a good additional storage location for additional food in preparation for disasters (especially that additional fridge/freezer many of us have in our garages). It is solid and likely to withstand even moderate to major structure collapses.
- Items such as bread, cheese, bags of frozen vegetables, etc. can be frozen and rotated in usage, making them available in the event of an emergency. Just remember to keep an extra one in freezer storage at all times.

Any questions regarding the content of this bulletin should be directed to the Emergency Preparedness Unit, Emergency Operations Division, at (213) 847-1600.