



COPE Emergency Preparedness Kits



Citizens **O**rganized to **P**repare for **E**mergencies

Emergency Preparedness Kits should be considered for your **home, car, and office** to provide **food, water, and medical supplies** for a minimum of 3-5 days of being isolated following an earthquake or other major community disaster. You may be without water, electricity, and utilities for a week or more. Families and neighborhoods need to be ready to survive on their own.



Sample Home Preparedness Kit in Plastic Garbage Can

Paper Towels Toilet Tissue Sanitary Napkins	First Aid Kit Medicines Extra Glasses Extra Cash	Pencils Paper Books Important Documents
Toothpaste Toothbrush Bar Soap Shampoo Liquid Cleaner Liquid Bleach Other Hygiene	Scissors Plastic Utensils Can Opener AM/FM Radio	Flashlights Batteries Matches Candles Duct Tape Whistle
Blankets Extra Shoes/Clothes Towels Sweaters	Non-Perishable Food: Canned Foods Nutrition Bars Boxed Juices Vitamins Peanut Butter Boxed Foods Candy, Nuts, Dried Fruits & Crackers	
Sterno Stove Canned Sterno Cooking Pot String, wire Aluminum Foil Plastic Dishes Food and Garbage Bags	Bottled Water - at least a gallon per person/day	

**City of Santa Rosa
Emergency Preparedness
630 Third Street
Santa Rosa, CA 95404
707-543-3711**

A list of California Emergency Preparedness Kit Vendors is available at:
<http://www.sonoma-county.org/des/disaster-kits.htm>

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