



# Preparing an Emergency Kit for Earthquakes & Other Disasters

You never know when disaster will strike, and this is especially true for earthquakes. They provide no warning that they're coming and can be extremely destructive. What's worse is that when earthquakes are strong enough, they can trigger other natural disasters, like fires, floods, or landslides.

Therefore, it's crucial to always be prepared for the unexpected with an emergency preparedness kit that includes supplemental items for those in earthquake-prone areas.

## the basics:

- ☐ Water: one gallon per person, per day for 3-7 days
- ☐ Food: 3-7-day supply of non-perishable items that are easy to prepare, such as canned foods or snacks. Pack a can opener for canned foods.
- ☐ Disposable plates, cups, and utensils
- ☐ First aid kit
- ☐ Medications: 7-day supply and items needed to administer medication, medication list, pertinent medical information
- ☐ Personal hygiene and sanitation items
- ☐ Flashlights
- ☐ Whistles
- ☐ Extra batteries
- ☐ Battery-powered or hand-crank radio, preferably an NOAA weather radio
- ☐ Cell phone chargers and backup batteries
- ☐ Family and emergency contact information
- ☐ Maps of the area

- ☐ Personal documents: birth certificates, marriage certificates, social security cards/proof of residency, wills, passports, proof of address, deed/lease to residence
- ☐ Cash
- ☐ Spare car and house keys
- ☐ At least one extra set of clothes, per person, preferably in bright colors
- ☐ Reflective emergency blanket
- ☐ Easy-to-carry valuables/irreplaceable items, like family photos, nearby to take if you are able

## pets, babies & seniors:

- ☐ Pets and livestock: identification, immunization records, carrier, collar, leash, bowl, medications, water, and food
- ☐ Babies: bottles, formula, baby food, diapers, wipes, small toys
- ☐ Seniors: hearing aids with extra batteries, instructions about how to administer medicine and use lifesaving equipment, contact information for medical personnel who administer treatments

## earthquakes:

- ☐ An ax, a shovel, and a broom
- ☐ Rope for towing or rescue
- ☐ Sturdy shoes that can protect you from dangerous debris
- ☐ Heavy-duty gloves for cleaning up debris
- ☐ Dry chemical fire extinguisher



Besides having an earthquake emergency kit, [take steps to earthquake-proof your home and properties](#) and build an emergency action plan. It's also a good idea to connect with a broker to review your policies and make sure you'll be covered in case of an emergency. [Learn more about how we can help.](#)