

Shopping List

Here are additional essential supplies needed to complete your kit and help you and your family be prepared. All of these items can be purchased at your local grocery store.

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| <input type="checkbox"/> Diapers | <input type="checkbox"/> Raisins |
| <input type="checkbox"/> Canned and Jarred Infant Formula/Food | <input type="checkbox"/> Dried Fruit Snack Packs |
| <input type="checkbox"/> Babywipes | <input type="checkbox"/> Fruit Bars |
| <input type="checkbox"/> Bottles | <input type="checkbox"/> Fruit Leather |
| <input type="checkbox"/> Bottled Water (1 gallon a day/person) | <input type="checkbox"/> Medicines (prescription/non-prescription) |
| <input type="checkbox"/> Canned Juices/Milk | <input type="checkbox"/> Pain Relievers |
| <input type="checkbox"/> Instant Coffee | <input type="checkbox"/> Antacid |
| <input type="checkbox"/> Tea | <input type="checkbox"/> Digestive Aids |
| <input type="checkbox"/> Rehydration Salts (order at pharmacy) | <input type="checkbox"/> Cold/Flu/Allergy |
| | <input type="checkbox"/> Feminine Care |
| | <input type="checkbox"/> Diabetic Supplies |
| | <input type="checkbox"/> Eye Care Products |
| | <input type="checkbox"/> Vitamins |
| <input type="checkbox"/> Soap | <input type="checkbox"/> Battery Operated Radio |
| <input type="checkbox"/> Liquid Detergent | <input type="checkbox"/> Batteries |
| <input type="checkbox"/> Garbage Bags | <input type="checkbox"/> Work Gloves |
| <input type="checkbox"/> Hand Sanitizer | <input type="checkbox"/> Matches |
| <input type="checkbox"/> Bleach | <input type="checkbox"/> Sewing Kit |
| <input type="checkbox"/> Disinfectant | <input type="checkbox"/> Wrench |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Can Opener |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Plastic Containers |
| <input type="checkbox"/> Canned tuna | <input type="checkbox"/> Aluminum Foil |
| <input type="checkbox"/> Soups | <input type="checkbox"/> Paper |
| <input type="checkbox"/> Fruit | <input type="checkbox"/> Pencil/Pen |
| <input type="checkbox"/> Vegetables | <input type="checkbox"/> Duct Tape |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Toilet Paper |
| <input type="checkbox"/> Protein/Granola Bar | <input type="checkbox"/> Cups |
| <input type="checkbox"/> Peanut Butter | <input type="checkbox"/> Utensils |
| <input type="checkbox"/> Jelly | <input type="checkbox"/> Plates |
| <input type="checkbox"/> Breakfast (high protein) Bars | <input type="checkbox"/> Pet Food and Supplies (cash, litter, collar) |
| <input type="checkbox"/> Cereal | |



**Be Smart.
Be Responsible.
Be Prepared.
Get Ready!**

Red Cross: www.redcross.org

Local Office of Emergency Services:

Poison Control Center: 1-800-222-1222

Family Doctor:

Emergency: call 9-1-1

Important Phone Numbers

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Emergency Contact Card



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www.oes.ca.gov

Name: _____

Home Address: _____

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Household Members Contact Information

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Out-of-town contact: _____

Family meeting place outside the neighborhood: _____
