

Marin County Disaster Guide

EMERGENCY DISASTER SUPPLIES



Creating a healthier Marin together.

In the event of a major disaster, you might need to rely on your own resources. Plan on what you will need to eat, sleep, cook, and survive on your own, with or without the shelter and comfort of your home, for a minimum of five to seven days.

EATING & COOKING

- Paper/plastic plates and cups
- Paper towels (can double as napkins)
- Manual can opener
- Alternate cooking source
- Chlorine bleach and eye dropper to purify water

HEALTH & SAFETY

- First aid kit
- First aid manual
- Soap, detergent, shampoo
- Toothbrush and toothpaste
- Medication
- Heavy work gloves
- Sturdy shoes
- Space blanket and sleeping bag
- Tent or other camping equipment
- Hearing aid batteries
- Dust masks
- Goggles/safety glasses
- Scissors

SANITATION

- Portable toilet or bucket
- Toilet paper
- Disinfectant
- Feminine hygiene supplies
- Plastic garbage bags
- Twist ties or zip/wire ties
- Shovel

TOOLS

- Wrench (to shut off valves)
- Matches (2 books/boxes)
- 1/2" rope (20 feet)
- Axe
- Duct tape
- Broom
- Extra batteries
- Flashlight
- Fire extinguisher (2A-10BC)

EMERGENCY FOOD

Food should be dated, require little or no water or cooking to prepare, not increase thirst (i.e., low sodium, low fat), and be things your family will enjoy.

- Canned fruit, vegetables (the liquid they are packed in can also be consumed)
- Canned nuts (unsalted)
- Peanut butter
- Canned meat, stew, pasta
- Powdered milk
- Dried fruits
- Bottled soft drinks
- Dry cereal
- Baby food and food for others on a special diet
- Crackers (low sodium)
- Water (minimum 1 gallon per person, per day for 5–7 days)
- Canned tuna
- Granola bars (fat-free)
- MREs (meal ready to eat)
- Food supply for your pets



www.GetReadyMarin.org
(415) 485-3131

This information is provided by Get Ready Marin. Get Ready Marin is a disaster preparedness program provided by the public safety agencies in Marin County, California, with a goal to prepare individuals and households with the necessary skills and information to survive and cope when a disaster occurs. The Marin Healthcare District supports Get Ready Marin and encourages all members of the community to be prepared.

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MINI-SURVIVAL KITS

There is no guarantee that you will be home when disaster strikes. What would you need if you had to stay at work for several days? Or rely on your car for short-term shelter? Or were forced to make your way home on foot? Storing your supplies in a small backpack will make them convenient to carry if you ever have to walk home.



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CAR MINI-SURVIVAL KIT

- Nutritious low-sodium, low-fat snack food
- Bottled water
- Local maps and compass
- Walking shoes with sturdy soles
- Sweats and jogging pants
- Heavy work gloves
- Coins for phone calls
- Cash (\$50–100)
- Flashlight with extra batteries
- Waterproof matches
- Portable AM radio
- Toilet paper and sanitary supplies
- Small first aid kit
- Mylar space blanket
- Tools (screwdrivers, pliers, Leatherman tool)
- Fire extinguisher (ABC type)
- Flares
- Reading material
- Heavy-duty trash bags
- Duct tape

WORK MINI-SURVIVAL KIT

- Nutritious low-sodium, low-fat snack food
- Bottled water
- Comfortable shoes and socks
- Small first aid kit
- Blanket
- Portable AM radio
- Flashlight with extra batteries
- Toilet paper and sanitary supplies
- Whistle
- Coins for phone calls
- Heavy-duty trash bags
- Duct tape
- Scissors
- Leatherman knifeless fuse

Tip...

NEVER LET YOUR GAS TANK
DROP BELOW ONE-QUARTER FULL.



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