



HEARTLAND FIRE & RESCUE

SERVING THE CITIES OF EL CAJON, LA MESA AND LEMON GROVE

The following is a list of general supplies that are suggested items when building an emergency kit. There are several versions of the kit, we recommend that you keep supplies in your home, your car and there are a few additional considerations for kids and other access and functional needs.

Home Kit:

- Non-perishable Food (rotate as necessary)
 - High-protein items, including energy bars, ready to eat soup, peanut butter, etc.
 - Select foods that require no refrigeration, preparation or cooking and that need little or no water added.
 - If you have food in cans, be sure to pack a non-electric can opener.
- Water (1 gallon per person per day, don't forget the pets)
- Cash and Credit Cards
 - Cash in small dollar increments
- Important Documents (on a CD or flash drive with documents stored electronically – see "Financial Recovery" section of the make a plan tab for a list of documents)
- Names, Addresses, and Telephone Numbers of Doctors and Pharmacists
- Change of Clothing for each Family Member (including closed-toe sturdy shoes)
- Personal Hygiene Items
- Family Photos (on a CD or flash drive with photos electronically stored)
- Baby Items

Other Miscellaneous Items:

- Flashlight with extra Batteries or hand-crank
- Radio with extra Batteries
- First Aid Kit
- Whistle
- Mylar blanket
- Car cell phone charger
- Dust mask
- Trash bags
- Paper towels
- Tools (including a multi-purpose tool)
- Heavy work gloves
- Paper plates/plastic utensils other eating supplies
- Duct tape
- Plastics sheeting/Tarp
- Map/Thomas Bros Guide
- Pet Care Items



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Car Kit:

In addition to your home supplies we recommend that you have a separate kit for your car.

- Non-perishable Food (rotate as necessary)
- Water bottles
- Emergency cash in small dollar increments. (A good storage place for cash is in a zip lock bag under your spare tire).
- Names, Addresses, and Telephone Numbers of Doctors and Pharmacists
- Family Contact List
- Change of Clothing (including closed-toe sturdy shoes)
- Personal Hygiene Items
- Other Miscellaneous Items (see list from "Home kit")

Kids backpack kit:

It is also a good idea for kids to have their own kit in a backpack kept somewhere near their bed in case they have to evacuate through their window. Kids should rotate their items every 6 months. Their kit should contain entertainment and comfort items.

- Entertainment items (age appropriate)
- Comfort items:
 - Stuffed animals / Comfort blanket
 - Family photos
- Snacks
- Change of clothes and sturdy shoes
- Family Contact List

Special Needs Items:

- Wheelchair
- Medications (7 day supply; remember to rotate)
- Canes / Walker
- Medical Equipment
- Glasses / Contacts
- Hearing devices with extra batteries
- Food for special dietary needs
- Pet food for service animals
- Doctors contact information
- Personal support network contact information
- Instructions on how others can assist you
- Equipment name, supplier and serial number

Note: This is just a list of suggested items; please personalize your kit to meet your needs.