



UCSF PD Emergency Management Division

Emergency Preparedness Kit Suggestions

Most faculty, staff, and students can find items for an emergency kit in your own home--check your pantry or medicine cabinet for key items! An alternative is to purchase premade emergency kits and supplies. UCSF PD has arranged with [Ready America](#) to offer specially priced disaster kits for personal or departmental use

A 20% discount is available on all other disaster supplies in Ready America extensive inventory when using the discount code. This emergency preparedness service is available to all UCSF students, staff, faculty and affiliates for personal purchase, or for UCSF departmental purchases.

To create your own emergency kit, or augment a kit purchased through the [UCSF Discount Disaster Supply Program](#), refer to the suggestions below.

Essentia	Category	Item	Work 3-7 day supply	Car 3 day supply	Home 3-7 day supply
	Camp Supplies & Tools	Bag: Day pack(Small back-pack or fanny pack)	X	X	X
	Camp Supplies & Tools	Bags – Plastic garbage			X
x	Camp Supplies & Tools	Batteries – Extra	X	X	X
	Camp Supplies & Tools	bowl & cup – 1 per person			X
	Camp Supplies & Tools	Can opener – manual			X
	Camp Supplies & Tools	Cooking stove and fuel			X
x	Camp Supplies & Tools	Flashlight / LED Headlamp (Consider non-battery powered flashlights: hand-crank or shake)	X	X	X
	Camp Supplies & Tools	Fork & spoon or “Spork”			X
	Camp Supplies & Tools	Kerchief or Paper towels (can double as napkins)	X	X	X
	Camp Supplies & Tools	Light Stick (6,8,12 hour)	X	X	X
	Camp Supplies & Tools	Matches (2 books/boxes – waterproof), lighter			X
	Camp Supplies & Tools	Rope or Nylon twine or (20 ft.)	X	X	X
	Camp Supplies & Tools	Toilet – portable or bucket or 1 qt Zip lock bags with kitty litter			X
	Camp Supplies & Tools	Toilet paper	X	X	X
	Camp Supplies & Tools	Twist ties or Zip/wire ties			X
	Clothing	Hat			X
	Clothing	Jacket	X		X
	Clothing	Outer-layer-top			X
	Clothing	Pants			X
	Clothing	Rain Jacket & Pants or Poncho	X	X	X
	Clothing	socks/underwear (extra pair)			X
x	Clothing	Sturdy shoes	X	X	X
x	Communications	Portable radio (Radio with hand crank to charge cell phones ideal)	X	X	X
	Communications	Solar Charger for cell phone & handhelds			X

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	Communications	Spare Batteries			
	Communications	Walkie-talkies for family			X
	Emergency Food	Baby food			X
	Emergency Food	Canned fruit, vegetables - (Consume water/juices they are packed in)			X
	Emergency Food	Canned meat, stew, pasta			X
	Emergency Food	Canned nuts (unsalted)			X
	Emergency Food	Crackers (low sodium)			X
	Emergency Food	Dried fruits			X
	Emergency Food	Dry cereal			X
	Emergency Food	Energy bars	X	X	X
x	Emergency Food	Food Bar - High calorie Emergency	X	X	X
	Emergency Food	Food for others on a special diet			X
	Emergency Food	Granola or breakfast bars			X
	Emergency Food	MRE's (Meal Ready to Eat)			X
	Emergency Food	Peanut butter			X
	Emergency Food	Powdered milk			X
	Emergency Food	Powered energy drink or fruit drinks			X
	Emergency Food	Tuna (canned or foil packages)			X
x	Emergency Food	Water (1gal/day drinking & hygiene recommended) 2 Liters/day drinking only	X	X	X
	Health & Medical	Bleach & eye dropper to purify water			X
	Health & Medical	Feminine hygiene supplies	X	X	X
x	Health & Medical	First Aid kit	X	X	X
	Health & Medical	First aid manual	X	X	X
x	Health & Medical	Hand Sanitizer	X	X	X
x	Health & Medical	Medication (2 weeks)	X		X
	Health & Medical	Soap - multipurpose camp soap or soap, detergent, shampoo			X
	Health & Medical	Sun Block	X	X	X
	Health & Medical	Toothbrush & toothpaste	X		X
x	Miscellaneous	Cash - \$200 (Include small bills \$1,5,10)	*	*	X
	Miscellaneous	Gas Grill with spare propane tank			X
	Miscellaneous	Generator with 5 gallon spare gas can			X
x	Pets	Leash or cage			X
x	Pets	Medications			X
x	Pets	Pet Food			X
x	Pets	Water			X
x	Pets	Water bowl			X
	Shelter	Blanket or & sleeping bag	X	X	X
	Shelter	Tarp & Rope or Tent or other camping shelter			X
	Specialty Needs	Diapers & baby wipes		X	X
	Specialty Needs	Glasses (Spare Prescription)	X		X
	Specialty Needs	Hearing aid & spare batteries	X		X
	Tools & Safety	Axe			X

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Essentia	Category	Item	Work 3-7 day supply	Car 3 day supply	Home 3-7 day supply
	Tools & Safety	Broom			X
	Tools & Safety	Duct tape	X		X
	Tools & Safety	Dust masks	X		X
x	Tools & Safety	Fire extinguisher – 2A10BC			X
	Tools & Safety	Gloves –heavy work	X		X
	Tools & Safety	Goggles/safety glasses	X		X
	Tools & Safety	Knife–folding or Micro–tool	X	X	X
	Tools & Safety	Scissors			X
	Tools & Safety	Shovel			X
x	Tools & Safety	Wrench (gas shut off)			X
	Vital Records	Bank account numbers			X
	Vital Records	Birth/Death Certificates			X
	Vital Records	deed/home loan papers			X
	Vital Records	Household inventory			X
	Vital Records	Insurance policies			X
	Vital Records	Medical information	X		X
	Vital Records	Medical/Medicare cards	X	X	X
	Vital Records	Passports			X
	Vital Records	Pet vaccination records			X
	Vital Records	Professional licenses/credentials			X
	Vital Records	Social Security Numbers			X
	Vital Records	Tax returns (3 years)			X
	Vital Records	Title to vehicles			X
	Vital Records	Will/Trust documents			X

* While storing cash at work or in the car may not be prudent, one should consider placing some cash in your wallet/purse (separated from your spending cash) for emergencies only.