

The NERT training is an 18 hour comprehensive disaster preparedness class held over six sessions lasting approximately 3 hours. The instructors are professional firefighters. No experience required.

Disaster Supply Kit—Home

- Water, 1 gallon per person per day for at least 3-5 days (4 people = 12-20 gallons!)
 - bleach, to purify domestic water if needed; 2-4 drops per quart
- Food, enough to feed your family for 3-5 days; choose foods that
 - are easily stored, ready-to-eat, and have a shelf-life of at least 1 year before they need to be replaced; canned and dried foods, soups, canned juice and milk, are perfect emergency supplies
 - are low in salt and do not require large amounts of water to cook; if you plan to cook noodles or rice, store cans of broth for cooking
- Cooking supplies: an alternative way to cook (grill, camp stove), utensils, manual can opener, foil and plastic wraps, matches, zip plastic bags, garbage bags
- Clothing: a complete change of clothing for each person, stored so it stays dry and clean; heavy enough to protect you and keep you warm, boots or heavy shoes—comfortable too; gloves, rain ponchos
- Safety Supplies: flashlight and portable radio with extra batteries, candles and matches, duct tape, good pair of scissors, whistles (to get attention and keep track of kids), rope, sharp knife, small tools like a wrench for utility shut-off, fire extinguisher
- General Supplies: plastic bags, money (no ATMs!), pencil and paper, city/area maps, extra sets of house and car keys, ID cards for everyone, 'space' blankets, emergency contact information and reunification plans, insurance information
- Hygiene Supplies: soap-waterless kind, liquid detergent, shampoo, toothbrush and paste, tissue, toilet paper, sanitary supplies (sanitary napkins make excellent pressure bandages), paper towels
- Medical Supplies: first aid kit (adequate kits in stores or assemble your own), first aid book; medications, extra eyeglasses, and prescriptions for both, list of doctors
- If you evacuate, you may need tent, sleeping bags, some means for moving all your supplies (wheeled cans), and games or cards
- Special items for infants, children, elderly, disabled
- Consider your pets—they need their own water, food, leashes, carrier or shelter



Got kids? Make Kid Kits!

- Contact information for Mom and Dad, out of state contact
- ID with your names, contact numbers
- Who is authorized to pick your kids up if you can't get there
- Family reunification plan—with a note from Mom and Dad that everything will be all right
- Favorite book or toy, especially for little ones
- Favorite snack and juice box
- Change of clothes
- Extra medication, make sure school knows what these are and how to store them (if they need refrigeration)

Happy Anniversary

Check and rotate water, food, batteries and clothes at last once a year.

Pick a date you'll remember—anniversaries of the 1906 or 1989 quakes are good reminders!

And DO IT!
Sort through your supplies. Donate food that is reaching expiration dates.

Workplace Kit

A simple kit that will allow you to get to your home or reunification site

- Comfortable walking shoes
- Flashlight
- Portable radio
- Small amount of water and food
- Money
- Contact information

Do you know what plans your employer has for evacuation?
Sheltering in place?
Contacting you after a disaster?



Car Kit

Similar to the workplace kit

- Comfortable walking shoes
- Flashlight
- Small amount of water and food
- Basic first aid kit
- Money
- Contact information, maps
- Change of clothes
- Flares



Make sure you keep the gas tank full! Never let it go below half a tank. It takes electricity to pump gas and passable roads to get to a station—neither may be available!