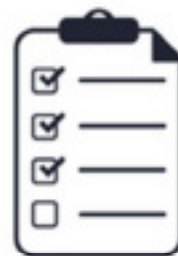


the ultimate emergency bag 47-item checklist



PHONE CHARGER

can't help if
it's dead



BAG

ready to
evacuate



READY-TO-EAT FOOD

sustenance



CASH

cash is king
in emergencies



WATER

1 gallon
per-person
per-day



IMPORTANT DOCUMENTS

when you can't
just look it up



FIRST AID

treat wounds
and illness



SAFETY TOOLS

the essential
survival items



HYGIENE

stay clean +
avoid infection



SHELTER

stay dry on
the move



COMMUNICATION

how will you
stay in touch



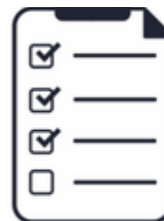
LIGHT

don't rely on
electricity or
batteries



the ultimate emergency bag

47-item checklist



PACKING

| | | |
|--------------------------|----------------------------------|---|
| <input type="checkbox"/> | Zip-Lock Bags | Keep your items dry and organized. |
| <input type="checkbox"/> | Large Backpack / Bag with Wheels | Be ready to evacuate quickly if needed. |

FOOD (1,000 Cal Per-Person, Per-Day for 7 Days)

| | | |
|--------------------------|-------------------------------------|---|
| <input type="checkbox"/> | MRE Rations | Long shelf life, no refrigeration, easy to transport. |
| <input type="checkbox"/> | Cook-in-pouch Meals | Requires camp stove, but a hot meal means a lot. |
| <input type="checkbox"/> | Canned Food | Heavy and less efficient, but better than nothing. |

WATER (1 Gal Per-Person, Per-Day for 7 Days)

| | | |
|--------------------------|---|--|
| <input type="checkbox"/> | Bagged Water | Clean and sealed good for 5+ years. |
| <input type="checkbox"/> | Water Purification Tablets | The key to water self-sufficiency. |
| <input type="checkbox"/> | Water Carrier | Necessary to store purified water. |
| <input type="checkbox"/> | Water Filtration Bottle | The most convenient way to be self-sufficient. |

FIRST AID + HYGIENE

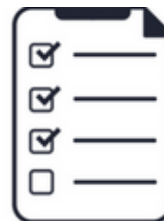
| | | |
|--------------------------|-------------------------------|--|
| <input type="checkbox"/> | Prescription Medication | The pharmacy won't be open, so pack extra. |
| <input type="checkbox"/> | First-Aid Kit | Big enough to matter, small enough to be portable. |
| <input type="checkbox"/> | Water Carrier | Hygiene is super important after an emergency. |
| <input type="checkbox"/> | Water Filtration Bottle | Staying clean is essential. |
| <input type="checkbox"/> | Soap / Wash Cloth | After a week on the move, you'll appreciate it. |
| <input type="checkbox"/> | Maxi Pads | Often overlooked, but very important. |
| <input type="checkbox"/> | Pocket Tissues / Toilet Paper | Small but vital. |
| <input type="checkbox"/> | Waste Bags | Improper waste disposal means disease and infection. |

LIGHT + COMMUNICATION

| | | |
|--------------------------|---|--|
| <input type="checkbox"/> | Hand Crank Flashlight / Radio / Phone Charger | Crucial maybe the most important tool to have. |
| <input type="checkbox"/> | Solar Panel | Keeps electronics charged when power is out. |
| <input type="checkbox"/> | Candles | No power, no light. |
| <input type="checkbox"/> | Glow Stick | The most convenient way to be self-sufficient. |
| <input type="checkbox"/> | Whistle | Very helpful for signaling. |
| <input type="checkbox"/> | Waterproof Matches | Call for help, or get someone's attention. |

the ultimate emergency bag

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SHELTER + WARMTH

| | | |
|--------------------------|------------------------------|--|
| <input type="checkbox"/> | Poncho | Staying dry is fundamental. |
| <input type="checkbox"/> | Mylar Sleeping Bag / Blanket | Help retain 90% of body heat, but ultra light. |
| <input type="checkbox"/> | Hand / Body Warmers | A warmth kickstart on cold nights outside. |

TOOLS + SAFETY

| | | |
|--------------------------|-------------------------------|---|
| <input type="checkbox"/> | Ng5 Dust Mask | Earthquakes release asbestos and alkaline dust. |
| <input type="checkbox"/> | Safety Goggles | Necessary for safely cleaning up rubble + debris. |
| <input type="checkbox"/> | Rope | Build shelters, clotheslines, or secure items. |
| <input type="checkbox"/> | Swiss Army Knife / Multi-tool | Be ready for everything and anything. |
| <input type="checkbox"/> | Sewing Kit | Fix torn clothing or stitch a wound.. |
| <input type="checkbox"/> | Leather Palm Gloves | A must for cleaning up rubble + debris. |

DOCUMENTS

| | | |
|--------------------------|--|--|
| <input type="checkbox"/> | Emergency Contact Form | How many numbers do you know by heart? |
| <input type="checkbox"/> | Insurance Records | You'll need evidence in the aftermath. |
| <input type="checkbox"/> | Bank Records | If banks aren't accessible, you'll want proof. |
| <input type="checkbox"/> | Local Map | No Google maps, so back to paper to navigate. |

MISC.

| | | |
|--------------------------|-------------------|---|
| <input type="checkbox"/> | Cash | Cash is king in an emergency. Pack small bills. |
| <input type="checkbox"/> | Playing Cards | To pass the time and keep the crew happy. |
| <input type="checkbox"/> | Note Pad / Pencil | Leave a note or keep track. |

HIGH-VALUE TOOLS

| | | |
|--------------------------|-------------------------------------|--|
| <input type="checkbox"/> | Gas-Shutoff Tool | Avoid broken gas lines + fire damage. |
| <input type="checkbox"/> | Pry Bar | You'll need leverage to move large debris. |
| <input type="checkbox"/> | Hatchet | Cut firewood or break through debris. |
| <input type="checkbox"/> | Fire Flint Starter | Matches run out. |
| <input type="checkbox"/> | Fire Extinguisher | Fires can be the most dangerous. |
| <input type="checkbox"/> | Compact Shovel /Saw | Saw blade and shovel, but super lightweight. |
| <input type="checkbox"/> | Dry Bag | Seal up your supplies to keep them dry. |
| <input type="checkbox"/> | Tarp | Build shelter to stay dry and warm. |

the ultimate emergency bag 47-item checklist



Preparing your family for an emergency can be intimidating, but we've done the work for you. We scoured advice from top emergency experts and highlighted the 3 basic steps they all recommend. It doesn't take long your family will be much safer for it, and you'll rest easy knowing you've checked it off your list.

FIRST STEP BUILD YOUR PLAN

Call a family meeting to nail down your plan of action!

1. Fill out your [Emergency Communication Card](#) (link) and print a copy for each family member. Getting in touch is hard after an earthquake, so it's important to be on the same page literally.
2. Identify your home's "Safe Spots". Look for desks, tables, and strong furniture to take cover under. Avoid exterior walls, windows, and anything that can fall on you. Assume the ceiling will fall, and find a place you'll be protected.
3. Review evacuation routes from your home. Know 2 ways out of each room
4. Choose your meetup place, and plan how to get there from school, work, home, or anywhere each of you spends time.

SECOND STEP GATHER EMERGENCY SUPPLIES

Make sure you have the [essentials](#) to be self-sufficient for at least 3-7 days. See our [Ultimate Checklist on the previous page!](#)

Categorically, you need to have the following:

1. [Bag](#) to carry supplies in
2. [Food + Water](#)
3. First Aid + Hygiene
4. [Light + Communication](#)

THIRD STEP PRACTICE YOUR FAMILY PLAN

Having a plan + supplies is key, but it's so important to rehearse. People panic in an emergency unless they know the game plan, inside-and-out. Practice makes it easier to keep a clear head.

1. Run an earthquake drill and go through every step you've planned.
2. Show every family member where to find your earthquake bag.
3. Train everyone on how to turn off water + gas lines, and when to do it.
4. Teach each family member how to use a fire extinguisher.
5. Quiz each other on Safe Spots, Meetup Place, and Supplies locations.

Want to Learn More? Get more smart emergency prep info on [The Earthquake Blog](#)

Want All These Items In One Place? Get your [Earthquake Bag](#) in under 5 mins

Missed the Communication Card link? Print yours out [HERE](#)