



WINNETKA NEIGHBORHOOD COUNCIL
PO Box 3692, Winnetka, CA 91306
www.winnetkanc.com



EMERGENCY PREPAREDNESS COMMITTEE

Suggested Emergency
Preparedness items for:

ROADSIDE KITS

Reflectors/ Flares
Fire Extinguisher for Flammable Liquids/electrical
Safety Goggles
Leather Gloves(heavy duty garden gloves)
N95 Breathing Masks
Inverter(200 or 300 watt)
Light torch(extra batteries & bulbs)
Crow Bar
Shovel& bucket
Pad & Pencils/Pens in Ziploc bag
Disposable Camera + extra batteries
Car Potty and toilet paper & Wipes
Car shades or cover
NEED HELP sign
Cell phone car charger + extra batteries
Bungee Cords
Extra Wiper Blades(sealed)
Siphon & Funnel
Jumper Cables/Terminal Cleaner/Emery Board
Tire Gauge
Fix-A-Flat
Air Compressor
Hammer/ Assorted Screw Drivers
Assorted Pliers
Assorted Wrenches
Vinyl Sheet(for lying or kneeling on)
WD-40, Duct tape & Scissors
Electric Tape & Fuses for your vehicle
Radiator Hose tape & Sealant
Assorted Hose Clamps
Paper Towels & Rags
Hand cleaner & Sanitizer
Glass Cleaner

PET KITS

Pet Carrier
Leash/Harness/Collar
Spiral Ground Stake & Chain
Collapsible Water & Food bowls
Water, portions pet food, treats
Can opener and spoon
Medication for pets if needed(keep cool)
Container with all medical info of your Pets
Litter, Scoop, liners, freshener, bags for litter
Document & Photo show ownership pets
Bedding, brush & comb and toys
Pet First Aid Kit(available at good pet store)
Disinfecting Towelettes for cleaning carriers
Paper Towels, sealable plastic bags for disposal
Pet Repellent

"Beginner" Pet Kit for Car

Pet Carrier/Leash/Harness
Spiral Ground Stake / Chain
Pet First Aid Kit and book
Water & Pet food
Can opener and spoon
Toys, Blanket, Brush & Comb
Pet repellent
List of other Suggested Items

List of your
medication , Your Blood type:
&Your Doctor Contact Info



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Preparedness items for:

BACK PACK ITEMS IN CAR

Water/ electrolyte Tablets
Food Energy Bars/ Vacuum sealed nuts
First Aid Supplies (see below)
AM/FM radio (best is windup or solar
list of medication & doctor info
(don't leave medication in hot car)
Eye Drops(Dust fighter)
Small bottle of sunscreen
Small bills of cash and coins
Extra pair reading glasses or contact lenses
Hearing aid or other electronic device(if applicable)
list of contact info included family & friends out of state
copy of ID and important paper on computer memory stick

Insurance Policy Numbers & Phone # for Agents
Plastic Goggles
N95 Mask
Leather Palmed Gloves
Tissues, Toilet Paper, Wipes, antibacterial Hand wipes
Sealable Plastic bags for disposal Trash
Small writing pad with Pens/Pencil
Good durable walking shoes& socks
Durable hooded jacket / windbreaker/ sweatshirt
Cap or Hat
Loud whistle on neck cord
Sunglasses
Compass/ Fan

SUGGESTED ADDITIONAL BACK PACK ITEMS

GENERAL ITEMS

Extra Water
Additional Energy bars
Snack Items (unsalted nuts etc)
Extra Batteries for radio & Flashlight
Personal Hygiene Products
Swiss Army Knife or All Purpose Tool
Bandanas(can use as sling, bandage, wet cooling)
Light Sticks, Head Lamp
Hand cream & chap stick
Playing Cards, water proof matches / lighter
Water Bottle or Tank & water purification tablets
Plastic Poncho, T-Shirt
Jeans & Belt

FIRST AID KIT IN A PLASTIC BAG

Small First Aid booklet
Hydrogen Peroxide
Antiseptic Wipes
Antibiotic Ointment with pain reliever
Assorted Various sizes Band-Aids
Assorted Gauze pads and rolls
Assorted Tape
Scissors, Needle & Tweezers
Alcohol Wipes to sterilize
Assortment painkillers(don't expose to heat)
Eye Wash, Eye Pads, Cold Pads
Burn Gel and Sting reliever
Examination Gloves



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EMERGENCY PREPAREDNESS
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**SUGGESTED ITEMS FOR 72 HOURS (GRAB & GO) EMERGENCY PREPAREDNESS KIT
STORE KITS WHERE READILY AVAILABLE IN A EMERGENCY!!**

TO TRANSPORT ITEMS

Backpack, Canvas Bag or Suitcase on wheels
(to carry items)

SHELTER

Tube Tent Shelter, 20 ≠ Nylon Cord/person
or, Lightweight Tent, 4mm Plastic Sheeting,
Hammer, Rope, Utility Knife & Duct Tape(4 repair)

SLEEPING

Sleeping Bag and 2 ≠ Space Blankets
Blow-Up Mattress& Pillows or Pad
Hand Warmers/ Wool Gloves

LIGHT

Small Lantern (battery Preferred)
Flashlights & Light Sticks
(extra batteries and bulbs)

CLOTHING

Sturdy Walking Shoes & 2 pair Socks
Cap/Hat. Hooded Jacket & Sweatshirt
T-Shirts, Jeans, Belt, Underwear
Plastic Poncho with Hood

OTHERS

Maps of Valley, City and State
Compass & Handheld Fan
Entertainment Items(Cards, Puzzles, Books etc)
Baby, Child or Special Need Items
Pet Kits & Car Roadside Kits

COMMUNICATION

Car Cell Charger
Prepaid Phone Card
Out-of-State Contact/Personal Phone #
Disposable Camera
Radio, Battery/Wind-Up/Solar
Extra Batteries

COOKING & FOOD

Small Cook Stove, Fuel & Matches
Small Nesting Pot/ Pan set
Disposable Eating Utensils, Plates,
Napkins & Cups
Water for 3-5 Day Supply per Person
Collapsible Water Jug & Purification
Tablets
Ready-to-Eat Foods, Snacks Lifesavers
(non-perishable 3-5 day Supply p. person)
Can Opener
Garbage Bags, Paper Towels, Dish soap
Dish Cloth & Towel
Antibacterial Hand Wipes



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Preparedness items for:

PERSONAL ITEMS

Whistle on a Neck Cord (Wear this Constantly in event of Disaster)
Medications: Check with your Doctor and have a list with medication(update if needed regularly)
List of Medication #s, Name of Drugs, Phone list of Doctor & Pharmacies
Copy of List of Important Papers: included ID, Insurance Policies, Names of Agencies
First Aid Kit(see backpack pack list, and ad on what you need most)
Goggles, Dust Masks(N95 or higher available in Lowes, Home Depot)
Leather Gloves or Leather Palmed Gloves

CASH: SMALL BILLS AND SMALL CHANGE(COINS)

CREDIT CARDS MAY NOT WORK IN DISASTERS DUE TO POWER FAILLURE

Sun Glasses and Reading Glasses
Eye Drops, Sunscreen, Hand Cream, Lip Balm
Contact Lenses Supplies & Hearing Aid Batteries
Toilet Paper, Baby Wipes, Tissues, Paper Towels and Antibacterial Hand Wipes
Small Writing Pad with Pens/ Pencils
Sealable Disposal Plastic Bags for trash
Soap, Hand Towel, Wash Cloth, Shampoo, Deodorant, Brush and Comb
Tooth Paste, Tooth Brush(regular not electric) Dental Adhesive, Mouth Wash
Shaving Items, Nail File, Clipper
Personal Hygiene Items and Feminine Products
EXTRA SET OF CAR/ HOME KEYS

FOR ID PURPOSES A CLOSE-UP PICTURE OF FAMILY



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EMERGENCY PREPAREDNESS
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**EMERGENCY PREPAREDNESS GIFT IDEAS FOR BIRTHDAYS, ANNIVERSARIES
SHOWERS, WEDDINGS, GRADUATIONS, OR JUST BECAUSE YOU CARE!!!**

Beginner “ EP Pack for Car

Backpack Containing
Water & Food Bars
Small First Aid Kit & Booklet
Radio & Extra Batteries
Flashlight & Extra Batteries
Light Sticks
Leather Gloves
Emergency Blankets
Plastic Goggles
N95 Breathing Mask
Whistle on Neck Cord
List of Other Suggested Items

BEGINNER ROADSIDE SAFETY KIT for CAR

Duffle Style Bag Containing:

Small Fire Extinguisher
Reflectors & Flares
Leather Gloves & Safety Goggles
Flashlight& Lantern (extra Batteries/bulbs)
Bungee Cords
“ NEED HELP” Sign
Jumper Cable
Funnel & WD 40
Hammer & Screw Drivers
Pliers & Wrenches
Duct Tape, Electrical Tape
Rags & Hand Cleaner
List of Other Suggested Items

Beginner “ Pet Kit for Car

Pet Carrier/ Leash / Harness
Spiral Ground Stake & Chain
Pet First Aid Kit & Booklet
Water & Collapsible Bowls
Pre Portion Pet food in sealable bags(dry food only)
Can Opener and Spoon (if use can food)
Blanket, Toys, Brush/ Comb
Pet Repellent
List of Other Suggested Items
Papers of Vaccines, medication and Phone # Vet

Miscellaneous EP Items

Fire Extinguishers for Home, Car, Office & Garage
Smoke & Carbon Dioxide Detectors
Flashlights & Lanterns (Extra Batteries & Bulbs)
Swiss Army Knife/ Leatherman Tool
Cell phone Charger (Home & Car)
Emergency Preparedness Books
Goggles/Dusk Mask N95/Leather Gloves
Earthquake Hold for Household Items
Gift Certificate for First Aid Box

LOG ON TO WWW.CERT-LA.COM

CHECK OUT THE FREE TRAININGS

GIVING BY LAFD CERT & AMERICAN

RED CROSS AND YOUR NEIGHBORHOOD

COUNCIL! EMAILS USE IF YOU LIKE MORE

INFO ABOUT PREPARING FOR THE NEXT

DISASTER. ARE YOU READY



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EXTENDED "AWAY-FROM-HOME" ITEMS

**“ Duffle Style Bag/ Suitcase On Wheels for Carrying Items
Tent, Tools to Erect, Ground Tarp or Cloth
Camp Table, Chairs & Bench Combo
Propane Cook Stove, Stand Fuel/ Lighter
Nesting Pots & Pans, Cooking Utensils, Can Opener, Unbreakable Coffee Pot
Disposable Eating Supplies: Plates, Forks/Knives/Spoons, Bowls & Cups
Charcoal, Recipe Book, Dutch Oven, Starter, Small Shovel, Coal Tongs
Waterproof Matches and Tender
Cooler (on wheels)
Thermos Jug or Thermos Bottle
Collapsible Water Jug & Purification Tablets
Sleeping Bags, Fold-Up Camping Beds/ Cots
First Aid Kit(stock up enough for you family needs)
First Aid Book (it come in handy when you are in a disaster)
Lantern with Fuel or Bulbs and Batteries
Flashlights & Batteries for all Family Members
Portable –Potty Supplies/ Privacy Shelter
List of Suggested Items for 72 Hour Kit
Small Kit with Personal Hygiene Items For Each Family Member
List of all Family Contacts here and out of State Relative & Friends
List of Medication from all Family Members
List of Phone # of Doctors & Pharmacies from all Family Members
Copies of all important papers, included: Insurance, Bank statements,
Identification , copy of your home inventory either with picture or video
Don't Forget to bring Cash in small bills, credit card and pocket change**

BE PREPARE!!! IT CAN SAFE YOU & YOU'RE FAMILY