



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. We recommend that you keep supplies in your home and your car. There are additional suggestions for kids and for those with disabilities or other access and functional needs.

Home Kit:

- Select foods that require no refrigeration, preparation or cooking and that need little or no water added.
 - High-protein items, including energy bars, ready to eat soup, peanut butter, etc.
 - If you have food in cans, be sure to pack a non-electric can opener
- Water (14-day supply. 1 gallon per person per day, don't forget the pets)
- Cash and Credit Cards (cash in small dollar increments)
- Important Documents (store documents on a flash drive or on line– 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 (if possible, use bio degradable soap, toilet paper, etc.)
- Medications (14-day supply)
- Family Photos (store photos on a flash drive or an on-line photo sharing site)
- Baby Items (14-day supply)

Other Miscellaneous Items:

- Flashlight or electric lantern with extra batteries or hand-crank (do NOT use candles)
- Radio with extra Batteries
- Small, portable solar charger
- First Aid Kit (take a first aid / CPR class)
- 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
- Printed map and compass (when electronic devices are unavailable)
- Pet Care Items (food and medications)



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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 or other hidden compartment).
- 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.

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

Disability / Access and Functional Needs Items:

- Wheelchair
- Medications (14-day supply; remember to rotate as necessary)
- Cane / Walker
- Medical Equipment
- Glasses / Contacts
- Hearing devices with extra batteries
- Food for special dietary needs
- Pet food for service animals (Any necessary medications)
- 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