

# Heritage Ranch Owners Association

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*Plan  
Prepare  
Inform*

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**Emergency Services Committee**  
*Working together for a safer community*

## **Make a Family Disaster Supplies Kit**

**Water:** Store one gallon of water per person per day (two quarts for drinking, and two quarts for food preparation/sanitation).

- A normally active person needs to drink at least two quarts of water each day. Hot environments & intense physical activity can double that amount. Children, nursing mothers & ill people will need more water.
- Keep at least a three-day supply of water for each person in your household. If using powdered milk, store extra water.
- If you have questions about the quality of the water, purify it before drinking. You can heat water to a rolling boil for ten minutes or use commercial purification tablets to purify the water. You can also use household liquid chlorine bleach if it is pure, unscented 5.25% sodium hypochlorite.

### **Use the following as a guide:**

1 quart  
4 drops

1 gallon  
16 drops

5 gallons  
1 teaspoon

After adding bleach, shake or stir the water container and let it stand thirty minutes before drinking.

**Food:** Store at least a 3-5 day supply of non-perishable food.

Select food that requires no refrigeration, preparation or cooking with little or no water. Select food that is compact & lightweight. Consider packing a heat source for hot food.

- Ready-to-eat canned meats, fruits & vegetables
- Canned juices, milk, soup
- Staples like sugar, salt and pepper
- High energy foods like peanut butter, granola bars, and trail mix
- Vitamins
- Food for infants, elderly persons or persons with special diets
- Comfort and stress food like cookies, sweetened cereals, lollipops, instant coffee, and tea bags

### **First Aid Kit**

Assemble a first aid kit for your home and one for each car.

- Emergency preparedness manual
- Battery operated radio & extra batteries
- Flashlight & extra batteries
- Cash or traveler's checks
- Non-electric can opener, and utility knife
- Fire extinguisher
- Tent, rope and plastic sheeting
- Compass
- Basic tool kit
- Matches in a waterproof container
- Paper, pencil and tape
- Shut-off wrench for utilities

- Whistle
- Area map for locating shelters
- Extra set of keys

### **Sterile adhesive bandages in assorted sizes**

- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Assorted sterile bandages
- Scissors
- Moistened towelettes
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen
- Non-prescription drugs:
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Tools and Supplies
- Paper cups, plates and plastic utensils

### **Sanitation**

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags/ties for personal sanitation
- Plastic bucket with tight lid

- Disinfectant
- Household chlorine bleach

### **Clothing and Bedding**

- Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat & gloves
- Thermal underwear
- Sunglasses

### **Special Items**

- Remember family members with special needs, such as infants and elderly or disabled persons.
- For Baby
- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

### **For Adults**

- Important medications
- Denture needs
- Contact lenses & supplies
- Extra eye glasses

- Entertainment - games & books
- Important family documents - keep these records in a waterproof, portable container.
- Will, insurance policies, contracts, deeds, and stocks & bonds
- Passports, Social Security cards, and immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods

### **Pet Smart**

- Food, water, bowls and can opener
- Medications and medical records
- Sturdy leashes, harnesses and carriers
- Current photos of pets
- Written information should include feeding schedules, medical conditions, behavioral problems, and name and phone number of veterinarian.