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Disaster Preparedness for
Menlo Park and Surrounding
Unincorporated County Area

Basic Preparedness Check List

Recommended Items to Include in a Basic Emergency Supply Kit:

- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Moist towelettes, toilet paper, garbage bags and plastic ties (for personal sanitation)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to shelter in place)
- Whistle (to signal for help)
- Wrench or pliers (to turn off utilities)
- Flashlight (with extra batteries)
- First aid kit
- Cell Phone and charging cords
- Water (plan a galloon a day/person)
- Energy Snacks



Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, water and supplies for your pet
- Important family documents (such as copies of insurance policies, id, and bank records)
- Emergency reference material such as a first aid book
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes.
- Feminine supplies, personal hygiene items and hand sanitizer
- Mess kits, paper cups, plates and disposable utensils, paper towels
- Books, games, dice, puzzles or other activities for children
- Fire Extinguisher
- Cash and change
- Paper and pencil
- Matches in a waterproof container
- Sleeping bag or warm blanket for each person

