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Disaster Preparedness for  
Menlo Park and Surrounding  
Unincorporated County Area

# Preparedness Kids Supplies Kit



## Your Own Preparedness Kit:

You can help your family be prepared: Build your own kit. Here are some items you may want in your own Emergency Supplies Kit:

- Underclothes, warm clothes, sturdy shoes, socks, long sleeve shirts, pants, warm jacket
- Fun comfort things: Fun toy, stuffed animal (small), non-electronic games, favorite thing
- Kitchen things: Water, paper plates, forks, spoons, can opener, plastic cups, scissors
- Stored Food: Snack bars, canned food, peanut butter, tuna, dried fruit, jerky ...
- Sleep items: Pillow, blanket, sleeping bag, sheet, a favorite blanket, too
- More fun items: Puzzle, board game, pencil & paper, playing cards, good books to read
- Bathroom items: Toothbrush, toothpaste, soap, shampoo, toilet paper roll, 1st aid kit
- Safety items: Flashlight, portable radio, extra batteries, whistle, rain poncho, sun screen, hand sanitizer



You need a gallon  
of water per day

## Important Items to Have Your Parents Help You With:

It is important that you are able to quickly connect with your family members. Even in an emergency, you need to help your family stay safe. Part of that is to know, before the emergency, how to get and stay connected with your family.

- Create an ID Tag for yourself that says who you are, your parents contact information, your brother & sisters, and any outside family member that is prepared to help you.
- During an emergency, wear your ID Tag
- Make sure your family has a plan for your pets
- A fun way to learn more is to play an online game: [www.ready.gov/kids](http://www.ready.gov/kids)

