SAN RAMON VALLEY
EMERGENCY PREPAREDNESS FAIR

Saturday, September 29 ~ 10 am - 2 pm
San Ramon Central Park and Community Center
(12501 Alcosta Blvd., San Ramon)

www.bereadysrv.org

Post your completed worksheet in a visible place for quick reference by family members, guests, and babysitters. It may help save a life!

Supply List:

**WATER** (replace every 6 months)
Store one - two gallons of water per person per day. Keep at least a three day supply of water for each person and pet in your household.

**FOOD** (replace every 6 months)
Ready to eat canned meats, fruits and vegetables
Canned juices, milk, soup
Staples - sugar, salt, pepper
High energy foods - peanut butter, jelly
Crackers, granola bars, trail mix
Vitamins
Food for babies, elderly or special diets
Comfort food, cookies, hard candy, sweetenend cereals, lollipops, instant coffee, tea bags

**FIRST AID KIT** (one for home & car)
Sterile adhesive bandages
2" Sterile gauze pads (4-6)
4" Sterile gauze pads (4-6)
Hypoallergenic adhesive tape
Triangular bandages (3)
2" Sterile roller bandages (3 rolls)
3" Sterile roller bandages (3 rolls)
Scissors, tweezers & needles
Antiseptic
Thermometer
Tube of petroleum jelly or other lubricant
Assorted sizes of safety pins
Cleansing agent or soap
Latex gloves

**NON-PRESCRIPTION ITEMS**
Aspirin or nonasprin (pain reliever)
Anti-diarrhea medication
Antacid
Ipecac
Laxative
Activated charcoal (used if advised by the Poison Control Center)
Sunscreen/lotion
Lip balm

**TOOLS & SUPPLIES**
Paper plates/plastic utensils
Battery operated radio with extra batteries
Flashlight with extra batteries
Paper money and coins
Manual can opener
Adjustable wrench, pliers, hammer and screwdrivers
Duct Tape
Matches in water proof container
Aluminum foil
Plastic storage containers
Signal flares
Paper/pencil
Needles/thread
Whistle
Plastic sheeting
Map of the area
Multi-tool knife
50 ft. of 1/2 nylon cord
Goggles, dust mask & work gloves

**CLOTHING & BEDDING**
Sturdy shoes
Rain gear
Blankets/sleeping bags/tent
Hat and gloves
Thermal underwear
Sunglasses

**SANITATION**
Toilet paper, towelettes
Soap, liquid detergent
Feminine supplies
Personal hygiene items
Plastic garbage bags
Plastic bucket with lid
Disinfectant
Household Chlorine bleach

**SPECIAL ITEMS**
Prescriptions
Baby items
Eye glasses
Games and Books
Important family documents
Cell phone /corded phone
Important phone numbers
Credit card & bank information

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Hey Kids... Color this sheet and bring it with you to the Emergency Preparedness Fair to win a prize!

BE READY SAN RAMON VALLEY!
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