



# EMERGENCY SUPPLY KITS

## READY FOR WHATEVER COMES NEXT



[Building Your Kit](#) | [Stay Box Checklist](#) | [Kit Storage & Maintenance](#)

Disaster can happen at any time, often with little to no warning, creating a situation where you may need to survive on your own for several days due to electricity, water, transportation, and communication disruptions. A key part of being prepared is having the supplies you need to survive and recover ready to go. The RPV Emergency Preparedness Committee (EPC) offers the following tips to help you and your family prepare your emergency supplies.

### ***BUILDING YOUR KIT***

An **Emergency Supply Kit** consists of necessities for a household's health, safety, and comfort during a disaster. Kits should be easy to carry and as lightweight as possible. There are different kinds of emergency supply kits for different situations. The RPV Emergency Preparedness Committee recommends residents maintain at least 2 kits: a **"Stay Box"** for the home to help your household get by until resources arrive in the area *and* a **"Go Bag"** to take with you in the event of an evacuation. This month we review important supplies to include in your "Stay Box", read next month's message for tips on creating a "Go Bag".

#### ***The Stay Box***

In some disasters, you may be safer staying at home, but damage from the disaster might make that uncomfortable. You might not have water to drink, to bathe, or to flush the toilet. You might not have electricity to keep your food cold, turn on a light, or charge your phone. You may lose access to cell service, internet, roads, stores, ATMs, and gas stations, leaving you with only the supplies you have at home. Having supplies at home to help you get by until services are restored will be essential to both survival and comfort in an emergency.

**Get started today with a printable checklist on the next page!** Follow along with the EPC newsletter and each month we will remind you of 1 item to consider adding. Before you know it, you will have a complete, up-to-date Emergency Supply Kit for you and your loved ones.

\*\*\*The list provided is a suggested starting point. Households and individuals need to evaluate their specific needs and supply requirements in the event of an emergency. Please visit Ready LA County for more emergency supply kit information:  
<https://ready.lacounty.gov/disaster-supply-kits/>

# STAY BOX CHECKLIST

**Emergency supplies for your home, kept together when possible, in a portable, waterproof bin**

*While the more prepared you can be the better, you should at minimum have 3 days worth of needed supplies for all household members, including animals.*

## Food

- Ready-to-eat canned items: meats, fruits, vegetables, juices, milk, soup
- High energy foods, such as peanut butter, jelly, crackers, granola bars, trail mix
- Special food for infants and those on special diets (ex: formula, nutritional drink)
- Manual can opener, plates & utensils

*Choose foods that don't need to be refrigerated or cooked, require little or no water, are compact and lightweight, and that you and your family like.*

## Water

- 1 gallon of water per person per day for drinking & hygiene. For animals, provide enough water for their regular daily intake.
- Hose to drain water heater
- Sterilization and purification materials
  - Water purification tablets, filter straw and/or plain, unscented chlorine bleach plus a dropper
  - Camping stove and pot to boil water outside

*Store water in a sealed container, in a cool, dark place.*

- Medication & back up medical equipment (e.g. spare eyeglasses and contact lenses, insulin strips, hearing aid batteries)
- Fire extinguisher – ABC rated
- Large First Aid Kit
- Sanitation and hygiene items (e.g. hand sanitizer, moist towelettes, toilet paper, garbage bags, chlorine bleach, feminine supplies, diapers)
- Battery operated or hand-crank AM/FM radio with extra batteries
- Flashlights/headlamps with extra batteries
- Portable chargers & cables for important devices
- Whistle
- Protective equipment, such as gloves and N-95 masks
- Tools for shutting off gas and water
- Duct tape & plastic sheeting to shelter in place for a hazardous material event
- Cash; small bills and coins
- List of important phone and account numbers (e.g. out of area contact, doctor, pharmacy, insurance)
- Pet supplies (ex. toys, carrier, leash, Ped ID kit). See [February EPC newsletter](#) for more info on animal preparedness.
- Non electronic activities and comfort items for adults and children.



## More Information on Food, Water and Medication

**Food.** Visit <https://www.ready.gov/food> for information on suggested food supplies, food safety and sanitation, and cooking/managing food without power

**Water.** After a major disaster you may not have access to clean water. It is important to store plenty of extra water, and know how to access alternative sources of water such as:

- Melted ice cubes
- Liquid in canned vegetables
- Water stored in your pipes
- Water stored in your water heater

To prepare your own water, use the preparation and storage tips found here: <https://www.ready.gov/water>

Additionally, F.E.M.A. offers “Food & Water In An Emergency”, a detailed guide to the selection and storage of food items and information on finding and purifying water: <https://www.fema.gov/pdf/library/f&web.pdf>

**Medication.** It is wise to have at least a week of important prescription medication, however this can be a challenge. See the LA County Health flyer below for tips on building a supply.

Special considerations for residents with disabilities can be found at: <https://www.ready.gov/people-disabilities#medication>

## KIT STORAGE & MAINTENANCE

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### Storage

- Your Stay Box should be a portable, waterproof container located in a cool, dry place that's out of direct sunlight. Ideally, your Stay Box will be located in a interior room with no windows or exterior doors, where you can also shelter in place in the event of a hazardous material incident. It should also be kept easily accessible (i.e. don't bury it under other boxes or tubs). While it may not be possible or practical to include all emergency supplies in your Stay Box, you should try your best to keep all emergency supplies close to one another for easier access during emergencies.

### Updating your Kit

- **Six-month check:** When you change your clocks for daylight savings, also check, rotate and replenish expired or damaged supplies. Check batteries for corrosion & charge and inspect equipment to ensure everything is in working order. This is also a great time to do an emergency drill, allowing you to both mentally prepare yourself for emergencies, while reassessing your emergency plan and kit to ensure they address changing family needs.
- **Take care of your kit as needed:** If you ever take items out of your kit for any reason, promptly replace those supplies afterward—replace bandages taken out of a first-aid kit, for example.

## Stay Informed and Get the ALERTS!



**Sign up for RPV Emergency Alerts** with Alert SouthBay: Text AlertSB to 888777, online at [alertsouthbay.com](http://alertsouthbay.com), download the free Everbridge app on Google Play or the App Store



**Know Your Zone.** Visit [PVReady.gov](http://PVReady.gov) find your emergency zone and view a live map of current zone statuses. This information will also be provided in emergency alerts from Alert SouthBay.



**Download the MyRPV App** on your device to stay connected to what is happening in the city.



## Mark Your Calendar

**RPV Fire Hazard Severity Zone Update Info Session** - April 30<sup>th</sup> 6-8pm, Hesse Park : <https://rpvca.gov/calendar.aspx?eid=2497>

**Peninsula Equine First Aid Clinic** - May 3<sup>rd</sup> 9am - 12pm, Ernie Howlett Park : <https://rpvca.gov/DocumentCenter/View/23316/Equine-First-Aid-Essentials-Event-PDF?bidId=>



### BUILDING YOUR EMERGENCY SUPPLY KIT

This month's item: **Stay Box** ; a portable, waterproof container such as a plastic tub to hold all the items in your Emergency Supply Kit for staying at home

To have this monthly message from the Emergency Preparedness Committee (EPC) sent to your inbox, sign up here: <https://www.rpvca.gov/list.aspx> . For additional information and resources, please contact the EPC at [EPC@rpvca.gov](mailto:EPC@rpvca.gov) or (310) 544-5209 .

# Medication Kits: 3 Ways to Prepare!

It can be tough putting together an emergency kit, especially when you count on prescription drugs to stay well. Make sure to include extra prescription medicines in your plan. Having 7 to 10 days of a stored supply will help you stay independent and in good health after a disaster.

**Here are three steps you can take to make an emergency medication kit.**

## **Step #1: Get a refill 3 to 7 days before your medication runs out.**



- Put the extra medication into your emergency kit
- Keep on taking your medication as usual

## **Step #2: Request a vacation override from your insurance provider.**

**(A vacation override lets you to refill your medication earlier or gives you extra medication.)**



- If approved, you will get extra medications to put in your kit
- Continue to refill your medication at the normal time

## **Step #3: Order your medications by phone or online.**



- If you are able to order a 90-day supply, you might save on the co-pay by getting it all at one time
- Order a refill after 2 months
- Put the extra medication into your emergency kit

**Repeat these steps until you have at least  
a 7-day supply of medication to store in your emergency kit.**



# You Can Be a Hometown Hero!



## SIGN UP NOW FOR A **FREE IN-PERSON** **COMMUNITY EMERGENCY RESPONSE TEAM TRAINING!\***

The County of Los Angeles Fire Department is hosting a Community Emergency Response Team (CERT) training.

This in-person training will be conducted over three-consecutive Saturdays beginning September 6, 2025.

Participants must complete the entire 20-hour course to receive a certificate of completion.

**ANN & STEVE HINCHLIFFE SAN PEDRO & PENINSULA YMCA**  
**301 SOUTH BANDINI STREET, SAN PEDRO, CA 90731**

**SATURDAY,  
SEPTEMBER 6, 2025  
9:00 A.M. - 5:00 P.M.**

**SATURDAY,  
SEPTEMBER 13, 2025  
9:00 A.M. - 5:00 P.M.**

**SATURDAY,  
SEPTEMBER 20, 2025  
9:00 A.M. - 5:00 P.M.**

*\*This CERT training is open to everyone 16 years of age and older!*

After a major disaster, first responders may be inundated with emergency requests and demands. Residents may have to rely on each other for immediate first aid and life-sustaining needs. The Department's CERT program provides the public with basic training in safety and life-saving skills.

The CERT program is developed in accordance with standards set by the Federal Emergency Management Agency.



Scan Here

To register and receive more information, visit [bit.ly/LACoFD-CERT](http://bit.ly/LACoFD-CERT) or scan QR code.

**COUNTY OF LOS ANGELES FIRE DEPARTMENT**

Executive Support Division - Communications Section



: [CERT@fire.lacounty.gov](mailto:CERT@fire.lacounty.gov)



COUNTY OF LOS ANGELES SUPERVISOR - FOURTH DISTRICT

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