

## For More Information...

[www.GoletaPrepareNow.org](http://www.GoletaPrepareNow.org)

Email: [goletapreparenow@cityofgoleta.org](mailto:goletapreparenow@cityofgoleta.org)

[www.cityofgoleta.org](http://www.cityofgoleta.org) • 805.961.7500  
City of Goleta

[www.sbredcross.org](http://www.sbredcross.org) • 805.687.1331  
American Red Cross, Santa Barbara County Chapter

[www.goletavalley.com](http://www.goletavalley.com) • 805.967.2500  
Goleta Valley Chamber of Commerce

[www.countyofsb.org](http://www.countyofsb.org) • 805.681.4200  
County of Santa Barbara

[www.oes.ca.gov](http://www.oes.ca.gov)  
State of California Office of Emergency Services

[www.ready.gov](http://www.ready.gov)  
Federal Emergency Management Agency

### **SIGN UP FOR GOLETA CITY ALERT:**

City of Goleta Residents and Businesses sign up to receive alerts for emergency incidents such as a fire or robbery, urgent non-emergency incidents such as power outage and road closure, as well as for community information and events. You may specify what alerts you want or don't want to receive.

To sign up visit the City of Goleta website or call 805.961.7508

# GOLETA PREPARE NOW!

*¡Goleta Prepárese Hoy!*

## Twenty Weeks to Preparedness

### Building a Disaster Supplies Kit: A 20-Week Checklist



### A Goleta Partnership for Preparedness Initiative

## Week 1

### Grocery Store:

- 1 gallon water\*
- 1 jar peanut butter
- 1 large can juice\*
- 1 can meat\*
- Hand-Operated can opener
- Permanent marking pen

ALSO: pet food, diapers, and baby food if needed

### To Do:

- Find out what kinds of disasters can happen in your area
- Date each perishable food item using the marking pen

\* Purchase one for each member of the family

## Medical Information

*Please complete this form and distribute copies to your emergency contact people as well as each member in your network:*

Primary Physician:

Telephone Number:

Address:

Hospital Affiliation:

Type of Health Insurance:

Policy Number:

Blood Type:

Allergies and Sensitivities:

Medications and Dosages Being Taken:

Specific Medical Conditions:

Physical and Cognitive Difficulties/Limitations:

## Emergency Information

*Please complete this form and distribute copies to your emergency contact people, as well as to each member in your network.*

Name:

Address:

Birth Date:

Telephone Number:

Local Emergency Contact Person:

Contact Person's Numbers:

Network Members:

Network Members Contact Info:

Out-of-Town Contact:

Out-of-Town Contact's Numbers:

## Week 2

Hardware Store:

- Heavy cotton or hemp rope
- Duct tape
- 2 flashlights with batteries
- Matches in waterproof container
- Battery-powered radio

ALSO: a leash or carrier for your pet

To Do:

- Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment

## Week 3

### Grocery Store:

- 1 gallon water\*
- 1 can fruit\*
- 1 can meat\*
- Feminine hygiene supplies
- Paper and pencils
- Map of your town
- Aspirin or non-aspirin pain reliever
- Laxative

ALSO: 1 gallon of water for each pet

### To Do:

- Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster

## Week 20

### Hardware Store:

- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust masks
- 2 blank videocassettes

### Specialty Store:

- Get an extra battery for motorized mobility aids

### To Do:

- Use a video camera to tape the contents of your home for insurance purposes
- Make a copy of the videotape and send to an out-of-town friend or family member

## Week 19

### Grocery Store:

- 1 box snacks
- Comfort foods (such as cookies, candy bars, chips)
- Plastic wrap
- Aluminum foil

ALSO: denture care items, if needed.

### To Do:

- Review your insurance coverage with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed
- Purchase and install an emergency escape ladder for upper story windows, if needed.

## Week 4

### Hardware Store:

- Patch kit and can of tire sealant for the tires of mobility aids
- Signal flare
- Compass

ALSO: extra medications or prescriptions marked for "emergency use."

### To Do:

- Develop a personal disaster plan
- Give copies of the following lists to your network: emergency information list, medical information contacts, disability related supplies and special equipment list, and personal disaster plan

## Week 5

### Grocery Store:

- 1 gallon water\*
- 1 can fruit\*
- 1 can meat\*
- 1 can vegetables\*
- 2 rolls toilet paper
- Extra toothbrush
- Travel size toothpaste

ALSO: food for special diets, if needed

### To Do:

- Make a floor plan of your home including primary escape routes
- Identify safe places to go in case of a disaster
- Practice a fire drill and earthquake drill with your network

## Week 18

### Hardware Store:

- "Childproof" latches or other fasteners for your cupboards
- Double-sided tape or hook-and-loop fasteners (such as Velcro) to secure moveable objects
- Plastic bucket with tight lid
- Plastic sheeting

### To Do:

- Arrange for someone to install latches on cupboards and secure moveable objects
- Put away a blanket or sleeping bag for each household member

## Week 17

### Grocery Store:

- 1 box graham crackers
- Assorted plastic containers with lids
- Dry cereal

### First Aid Supplies:

- Antidiarrheal medication
- Rubbing alcohol
- Antiseptic
- Syrup of ipecac and activated charcoal

### To Do:

- Arrange for a friend or neighbor to help with your children if you are not able to respond or are at work

## Week 6

### First Aid Supplies:

- Sterile adhesive bandages in assorted sizes
- Adhesive tape
- Latex gloves
- Sunscreen
- Gauze pads
- Sterile roller bandages

ALSO: extra hearing aid batteries, if needed

### To Do:

- Check with child's day care center or school to find out about their disaster plan
- Ask your local emergency management office if emergency transportation services are available in case of evacuation

## Week 7

### Grocery Store:

- 1 gallon water\*
- 1 can ready-to-eat soup (not concentrated)\*
- 1 can fruit\*
- 1 can vegetables\*
- Sewing kit
- Disinfectant

ALSO: extra plastic baby bottles, formula, and diapers, if needed.

### To Do:

- Establish an out-of-town contact to call in case of emergency
- Share this information with your network so they know whom to call
- Make arrangements for your network to check on you immediately after a disaster

## Week 16

### Grocery Store:

- 1 box snacks
- 1 can meat\*
- 1 can vegetables\*
- 1 box facial tissues
- Dried fruit/nuts

### To Do:

- Find out if you have a neighborhood safety organization and join it
- Develop a disaster supplies kit for your car or van
- Find out about your workplace disaster plan

## Week 15

### Hardware Store:

- Extra flashlight batteries
- Extra battery for portable radio
- Assorted nails
- Wood screws
- Labels for your equipment and supplies

### To Do:

- Make arrangements to bolt bookcases and cabinets to wall studs
- Label equipment and attach instruction cards

## Week 8

### First Aid Supplies:

- Scissors
- Tweezers
- Thermometer
- Liquid antibacterial hand-soap
- Disposable hand wipes
- Needles
- Petroleum jelly or other lubricant
- 2 tongue blades

ALSO: extra eyeglasses, if needed. Put in first aid kit.

### To Do:

- Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency

## Week 9

### Grocery Store:

- 1 can ready-to-eat soup (not concentrated)\*
- Liquid dish soap
- Household chlorine bleach
- 1 box heavy-duty garbage bags with ties
- Antacid (for stomach upset)

ALSO: saline solution and a contact lens case, if needed.

### To Do:

- Choose a signal with your network that indicates you are okay and have left the disaster site
- If you have a communication disability, store a word board in kit

## Week 14

### Grocery Store:

- 1 can fruit\*
- 1 can meat\*
- 1 can vegetables\*
- 1 package eating utensils
- 1 package paper cups
- 1 treat (non-perishable, such as candy or chips)\*

### To Do:

- Make sure your network and neighbors know what help you may need in an emergency and how to best assist
- Practice using alternate methods of evacuation with your network

## Week 13

### Hardware Store:

- Whistle
- Pliers
- Screwdriver
- Hammer
- Perforated metal tape  
(sometimes called plumbers  
tape or strap iron)

### To Do:

- Take a First Aid/CPR class from  
your local Red Cross
- Arrange to have your water  
heater strapped to wall studs  
using perforated metal tape.

## Week 10

### Hardware Store:

- Waterproof portable plastic  
container (with lid) for  
important papers
- Wrench(es) needed to turn off  
utilities

### To Do:

- Take your network on a field  
trip to the gas meter and water  
meter shutoffs. Discuss when it  
is appropriate to turn off utilities
- Attach a wrench next to the  
cutoff valve of each utility meter  
so it will be there when needed
- Make photocopies of important  
papers and store safely
- Establish a stash of emergency  
funds in case of disaster

## Week 11

### Grocery Store:

- 1 large can juice\*
- Large plastic food bags
- 1 box snacks
- 3 rolls paper towels
- Medicine dropper

### To Do:

- Store a roll of quarters for emergency phone calls
- Go on a hunt with your family to find a pay phone that is close to your home
- Test your smoke detector(s). Replace the battery in each detector that does not work.

## Week 12

### Animal Care Store:

- Extra harness, leash, ID tags, and food for your service animal and/or pets
- Litter/pan
- Extra water

### Veterinarian:

- Obtain current vaccinations and medical records of your animal(s).
- Medications

### To Do:

- Develop a pet care plan in case of disaster
- Make photocopies of all vaccination records and put in kit
- Put all purchases into kit