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CONVALESCENT EMPLOYERS
SAFETY ASSOCIATION

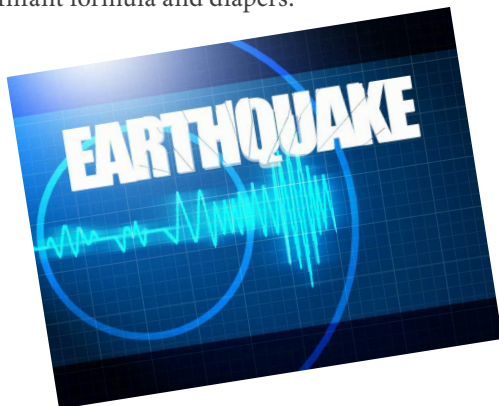
Build an Earthquake Survival Kit

As you know, many countries, especially those in the Pacific “Rim of Fire,” have recently experienced devastating earthquakes. So what exactly is recommended to survive for a few days after an earthquake – are you prepared?

Chile, New Zealand, Japan

Who’s next and are you ready? Get ready.

- Water, one gallon per person per day. You should have enough for three days.
- Food, a three day supply of non perishable food.
- Radio, battery powered or hand crank, and a NOAA Weather Radio with extra batteries for both.
- Flashlight and extra batteries.
- First aid kit and First aid manual.
- Whistle to signal for help.
- Dust mask, plastic sheeting and duck tape to build a shelter.
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench and pliers.
- Can and bottle openers.
- Local maps.
- Cell phone with solar charger.
- Prescription medications and extra reading glasses.
- Infant formula and diapers.



- Pet food and water for your pets.
- Important financial records in a portable waterproof container.
- Cash.
- Sleeping bag or warm blanket for each person.
- Complete change of clothing.
- Cleaning materials, especially a disinfectant.
- Fire Extinguisher.
- Matches in a waterproof container.
- Personal hygiene items.
- Paper plates, plastic cups, plastic utensils, and paper towels.
- Paper and pencil.
- Books, games and puzzles.

Thanks to Ready America for preparing this list. As you can see the best way to survive an earthquake is to be prepared for a camping trip!

Rick Linton
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