To help you evacuate or shelter-in-place* in the event of an emergency, collect enough of these nine essential items to last at least three days:

*Shelter-in-place: To remain inside a building or vehicle.

**1 WATER**
One gallon per person, per day.

**2 FOOD**
Enough non-perishable foods for each person (canned or packaged).

**3 CLOTHES**
One change of clothes and shoes, per person. Other items depending on weather conditions: rain jacket, gloves, hat, scarf.

**4 HEALTH SUPPLIES**
Prescription and other medications. Medical supplies and other equipment, including syringes, hearing aid, oxygen tank, inhaler or concentrator.

**5 PERSONAL CARE**
Basic items like soap, toothbrush, toothpaste, toilet paper, tissue, hand sanitizer, baby wipes and glasses or contact lenses.

**6 SAFETY SUPPLIES**
A first aid kit, emergency blanket, whistle, plastic trash bags, paper towels and household bleach (to sterilize items as needed).

**7 ELECTRONICS**
Cell phone with charger or portable battery, chargers for other electronics, extra batteries, flashlight and radio. Other items: laptop, tablet, hard drive back-up.

**8 TOOLS**
Extra cash, spare sets of keys, manual can opener, local maps and multipurpose tool (acts as a knife, pliers and screwdriver).

**9 DOCUMENTS**
Copies of emergency contacts, photo IDs, SSN, insurance and immunization cards, insurance policies, financial records, property records, vital medical information and other important documents (wills, trusts, deeds, certificates).

*Other Items to Consider:*
- Additional emergency kits to keep in common places (home, car, workplace, on-the-go)
- Full tank of gas for vehicles (recommended to fill-up at half tank of gas)
- Baby supplies (bottles, formula, baby food, toys, blankets and diapers)
- Games and activities for children
- Pet supplies (food and water, leash, carrier, medicine and medical records, a photo of your pet, bowls, litter box, grooming items and toys)

**FOR MORE INFORMATION, PLEASE VISIT:** BePreparedYuba.org or BePreparedSutter.org