



Dear Menlo Park Neighbor,

MPC Ready is a grass-roots organization focused on helping residents to prepare for disasters, such as earthquakes, floods and wildfires, and to strengthen neighborhood connections.

Preparation starts with **knowing your neighbors**. Following a major disaster, neighbors can help us make it through the first crucial hours. First responders may not arrive for days as they will prioritize the hardest-hit areas first.

Have you thought about what supplies you will need? Some items could be hard to find during a disaster. And you'll need to tailor your supplies and your emergency plan to the needs and responsibilities of your household members.

What you'll need

Step 1: Prepare a kit of emergency supplies if you need to leave your home suddenly. An Emergency Go Bag is a portable kit (backpack, suitcase, etc.) that includes needed items while you are away.

Your kit should contain the following items:

- Bottled water** and food in easy-to-open cans or pop-top containers (3-day supply/per person).
- Battery-operated or hand-crank **radio** and **extra batteries**.
- Blanket/throw.
- Extra pair of **glasses** and/or hearing aid.
- Small **first aid kit**.
- Flashlight** and **extra batteries** (& a head lamp).

- Face masks**.
- Important **family documents**.
- Manual can opener** if kit contains canned food.
- Moist towelettes, garbage bags** and **plastic ties** for personal sanitation.
- Money** (at least \$100 in small bills).
- Pet care** items (water, food, updated medical records, leashes, crates and carriers)
- Mosquito net** face covering.
- Personal hygiene items** (soap, toilet paper, feminine products, toothbrush and toothpaste).
- Pocketknife**.
- Prescription medication** and copies of your prescriptions.
- Sturdy shoes/boots**.
- Warm clothes, rain gear and hats**.
- Wrench** or **pliers** to turn off gas and water.
- Whistle** to signal for help.
- Items for **family members with special needs** (i.e. children, seniors, people with disabilities).
- Paper Map of the Area** (online maps may be down)

Other preparedness steps include:

- Make a family emergency plan.
- Register to receive emergency alerts at <https://hsd.smcsheriff.com/smcalert>.
- Learn how to shut off gas and water.
- Get involved in preparing your community! Please join us as a block coordinator. Visit www.mpcready.org to learn more.

Get Ready Now training

Learn more about disaster preparation at a 2-hour **Get Ready Now** Class. Visit www.mpcready.org to learn more. *Learn more about emergency prep at www.Ready.gov.*

