



CITY OF  
PORTLAND, OREGON

OFFICE OF EMERGENCY MANAGEMENT  
Tom Potter, Mayor

Carmen Merlo  
Director  
1001 S.W. 5<sup>th</sup> Avenue, Suite 650  
Portland, Oregon 97204  
(503) 823-4375  
FAX (503) 823-3903  
TDD (503) 823-3947

## Emergency Kit List

### Water

- 3 gallons for each person

### Food and Utensils

- Non-perishable food
- Manual can opener
- Utensils
- Food for any pets

### Health and Hygiene Items

- First aid kit
- First aid guide
- 7-10 days of prescription medication(s)
- Non-prescription medication (for example, pain relievers)
- Personal hygiene pack (toothbrush, toothpaste, soap, etc)
- Toilet paper

### Tools and Protective Gear

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| <ul style="list-style-type: none"><li>• Battery-powered or crank radio</li><li>• Spare batteries</li><li>• Glow sticks</li><li>• Whistle</li><li>• Rain poncho</li><li>• Space blanket</li><li>• Heavy work gloves</li></ul> | <ul style="list-style-type: none"><li>• Duct tape</li><li>• Hand warmers</li><li>• Safety goggles</li><li>• Garbage bags</li><li>• Gas shut-off tool</li><li>• Folding knife</li><li>• Playing cards / Games</li></ul> |
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### Miscellaneous Items

- Cash, credit card, roll of quarters
- Extra set of car keys
- Identification, emergency phone numbers, copy of insurance policies and other important documents