

**ESP**

**FAMILY STEPS  
TO SURVIVAL**

## Camping Out Earthquake Style



### WHY?

#### **You might not be able to cook indoors!**

An earthquake larger than the magnitude-6.7 Northridge temblor in 1994 might severely damage utility systems, including gas lines, forcing you to live and cook outdoors for several days.

Prepare to do so NOW by including outdoor cooking and camping supplies as part of your emergency kit. Tips on preparing to live and cook outdoors are featured on the reverse side of this Focus Sheet.

### **Outdoor Cooking**

If an earthquake disrupts utility services and forces you to cook outdoors, you can use a camp stove or charcoal grill, but remember: use these items for cooking only if you're outdoors.

If necessary, you also can use candle warmers and sterno to heat your food. You can heat canned food in the can, but you must remove the paper and the lid first to let steam escape. Chafing dishes and fondue pots also can be used as containers.

Other cooking options include the stove in your recreational vehicle.

*These are only suggestions for preparing your family. Use discretion and common sense in your preparations.*

Flyer compliments of:

**COUNTY OF LOS ANGELES OFFICE OF EMERGENCY MANAGEMENT**



**STEP 7**

## Cooking Supplies

Be sure to store at least enough of the cooking supplies to last 72 hours. Choose the supplies for cooking that best suit your family's needs. A list of options follows:

### Essential supplies

- Barbecue or other outdoor grill
- Camp stove
- Sterno-type fuel

### Fuels\*

- Charcoal and lighter fluid
- Propane

\*Check local laws regarding the use of these products.

### Supplies

- Disposable plates
- Disposable cups
- Disposable eating utensils
- Paper towels
- Pots, pans
- Waterproof matches or a lighter

### Utensils

- Forks, knives and spoons
- Manual can opener
- Tongs with long wooden handles to pick up heated containers

## Outdoor Living

Be sure to have the following supplies available so you and your family are prepared to live outdoors if an earthquake severely damages your home or your utility service is interrupted:

### Essentials

- Battery-operated radios, flashlights
- Blankets, sleeping bags
- Canopy or tarp
- Clothing
- Rain gear
- Sturdy shoes
- Essential medications
- First aid book and kits
- Food (nonperishable)
- Local maps
- Rope, tape and trash bags
- Shovel, hammer and ax
- Tent(s)
- Water for cooking, drinking and hygiene

### Personal hygiene

- Baking soda to absorb odors
- Deodorant
- Lip balm
- Mouthwash
- Plastic trash bags
- Portable shower
- Portable toilet or bucket
- Soap
- Sunscreen
- Toothbrushes and toothpaste
- Towelettes
- Wash cloths

### Psychological comfort

- Candy
- Cards
- Family photos
- Games

## Special Tips

- If possible, include foods that do not require cooking.
- Use foods stored in your refrigerator first. An unplugged refrigerator will remain cold for 24 hours if you don't open the door. Cook foods in your freezer next. Cook foods stored on shelves last.
- Store fuels in a ventilated area such as a garage or storage shed, away from water heaters.
- Do not camp under power lines, trees or other objects that could fall.

## ESP Family Steps to Survival



This action sheet is produced as part of the Earthquake Survival Program (ESP). ESP is an awareness campaign designed to increase individual and home earthquake preparedness. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Imperial, Inyo, Kern, Los Angeles, Mono, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara and Ventura counties assist in the development of campaign materials and coordination of the campaign.