



3-DAY EMERGENCY PREPAREDNESS LIST

SONOMA
STATE
UNIVERSITY

We recommend that each campus resident bring an emergency survival kit and be prepared to take care of themselves for at least 72 hours in case of an emergency.

WHY YOU NEED AN EMERGENCY KIT

Emergencies can happen at any time. Having a kit ensures you're ready for power outages, severe weather, earthquakes, or other disruptions. Your kit should include essentials to keep you safe, healthy, and connected.

BASIC EMERGENCY KIT

Pack enough supplies for at least 3 days:

- ☐ **Water** – 1 gallon per person per day
- ☐ **Food** – 3-day supply of non-perishable items
- ☐ **Shoes** – Sturdy closed-toe pair
- ☐ **Dust mask or face covering** – To reduce breathing in particles
- ☐ **Hand sanitizer and wipes**
- ☐ **Latex or nitrile gloves**
- ☐ **Radio** – Battery-powered or hand-crank
- ☐ **Flashlight with extra batteries**
- ☐ **Basic toiletries**
- ☐ **Small first aid kit**
- ☐ **Whistle** – To signal for help
- ☐ **Pen and paper**
- ☐ **Medications**
- ☐ **Spare eyeglasses or contact lenses**
- ☐ **Chargers and power banks**
- ☐ **Comfort items** – Toilet paper, toothbrush, feminine products, etc.
- ☐ **Medical information** – List of medications, allergies, conditions

PERSONAL & HEALTH NEEDS

If you have specific medical needs:

- ☐ Keep medications up to date
- ☐ Prepare a weekly pill organizer
- ☐ Label items with your name and dosage

IMMUNIZATIONS

Certain immunizations are required as a condition of being an SSU student. Some vaccines (like meningococcal or tetanus) are recommended. Check your SSU immunization requirements and stay up to date. More info: health.sonoma.edu

EMERGENCY NOTIFICATION SYSTEM (ENS)

Sonoma State uses the Emergency Notification System (ENS) to send emergency updates via voice and text.

Update your contact info:

Go to MySSU > Personal Information > Phone Numbers

More info: emergency.sonoma.edu

FAMILY EMERGENCY PLAN

Talk with your family about:

- How to stay in touch
- Meeting places
- Emergency contacts
- Out-of-town friends/relatives
- Any special health or care instructions

Learn more: ready.gov/plan

RESOURCES

Visit these websites to learn more:

- Sonoma State Emergency
- Sonoma State Health Center
- Ready.gov
- Sonoma County Emergency Management
- Cal OES
- Red Cross

Questions?

Call the SSU Emergency Hotline at (888) 533-5388.
In an emergency, always dial 911.



Residential Education
& Campus Housing
Sonoma State University

QUESTIONS?

(707) 664-2541/Dial 711 Relay Services
housing.sonoma.edu • housing@sonoma.edu