

## Basic Emergency Supply Kit

- **Water**
  - One gallon of water per person per day, for drinking and sanitation.
  - Children, nursing mothers, and sick people may need more water.
  - If you live in a warm weather climate more water may be necessary.
  - Store water tightly in clean plastic containers such as soft drink bottles.
  - Keep *at least* a three-day supply of water per person.
- **Food**
  - Store *at least* a three-day supply of non-perishable food.
  - Select foods that require no refrigeration, preparation or cooking and little or no water.
  - Pack a manual can opener and eating utensils.
  - Avoid salty foods, as they will make you thirsty.
  - Choose foods your family will eat.
- **Battery-powered or hand crank radio** and a NOAA Weather Radio with tone alert and extra batteries for both
- **Flashlight** and extra batteries
- **First aid kit**
- **Whistle** to signal for help
- **Dust mask**, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- **Moist towelettes, garbage bags and plastic ties** for personal sanitation
- **Wrench or pliers** to turn off utilities
- **Can opener** for food (if kit contains canned food)
- **Local maps**
- **Cell phone** with chargers, inverter or solar charger
- **Copies of personal documents** (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- **Family and emergency contact information**
- **Extra cash**, change, and a pre-paid phone card
- **Emergency blanket**

### First Aid Kit

- Two pairs of Latex, or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent/soap** and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes or as general decontaminant.
- **Thermometer**
- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.
- **Cell Phone** with charger
- **Scissors**
- **Tweezers**
- **Tube of petroleum jelly** or ointment
- **Aspirin** or non-aspirin painkillers
- **Anti-diarrhea medication**
- **Antacid**

## Additional Items to Consider Adding to an Emergency Supply Kit:

- **Prescription medications and glasses**
- **Portable generator**
- **Tent**
- **Important family documents** such as copies of insurance policies, identification and bank account records in a waterproof, portable container. You can use the [Emergency Financial First Aid Kit \(EFFAK\)](#) - PDF, 277Kb) developed by Operation Hope, FEMA and Citizen Corps to help you organize your information.
- **Emergency reference material** such as a first aid book or information from [www.ready.gov](http://www.ready.gov).
- **Sleeping bag** or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- **Complete change of clothing** including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- **Household chlorine bleach and medicine dropper** – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- **Fire Extinguisher**
- **Matches** in a waterproof container
- **Feminine supplies and personal hygiene items**
- **Mess kits** – paper cups, plates and plastic utensils, paper towels
- **Paper and pencil**
- **Entertainment** - books, games, cards
- **Rain gear**

### For Children

- Baby formula/food
- Diapers
- Bottles
- Powdered Milk
- Medications
- Games/Activities
- Special toy for comfort
- Wet wipes
- Extra sets of clothing ( check sizes every three months)
- Anti-rash ointment
- Emergency Contact information in case they are separated from parents/guardians

### For Pets

- Medications and medical records
- Pet first aid kit
- Extra leash and collar
- Food, water and dishes/bowls
- Cat litter/pan
- Copies of licenses
- Current photo in case they get lost
- Name and phone number of veterinarian
- Microchip or tattoo number
- Toys
- Treats
- Bedding
- Paper towels and clean-up bags
- Store at least a week's worth of food and water at home for your pets and replace the food and water supply every six months.