

What to Include in Your Emergency Supply Kit

1. THE BASICS

- Water
One gallon of water per person per day for at least three days, for drinking and sanitation
- Food
At least a three-day supply of non-perishables
- Can opener for food
- Radios
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
- Local maps
- Prescription medications and glasses

2. ADDITIONAL ITEMS

- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents
Copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov
- Sleeping bag or warm blanket for each person.
Consider additional bedding for cold weather.
- Complete change of clothing
Long sleeved shirt, long pants and sturdy shoes. Consider additional clothing for cold weather.
- Household chlorine bleach and medicine dropper
When diluted nine parts water to one part bleach, bleach can be used as a disinfectant.
- 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
- Books, games, puzzles or other activities for children



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