



EMERGENCY SUPPLY KIT



Your Emergency Supply Kit should be kept in a sealable container and checked every 6-months. You can use your typical plastic bins or buckets with airtight tops (ex. kitty litter, laundry detergents, etc) and be sure to make an external label to list the contents and dated. You may want to make several sized kits and store them in separate locations (small kit for the car, large one for the house, larger one for a shelter). Water & food are the essential items needed for survival and should be packed first with enough to survive for a few days. Then you add customized necessities to meet your own and/or your family's specific needs (medications, infant/elderly items, personal documentation, communications/information).

Water

at least 1 gallon daily per person for 3 to 7 days

- plastic gallon jugs
- plastic/metal cups
- water purifier (tablets or pump from camping store)

Food

at least 3-day supply per person up to 7 days

- non-perishable packaged or canned food
- foods for infants or the elderly
- snack foods/trail mix/power bars/fruit bars
- non-electric can opener
- cooking tools / mess kit / fuel / lighters
- paper plates / plastic utensils

Clothing

one complete change of warm clothing and shoes per person

- jacket / coat
- rain gear
- long-sleeve t-shirt
- long pants
- ballcap / hat
- sturdy shoes / boots with pair of socks stuffed in each
- blanket / sleeping bag

Gear

- first aid kit / medicines / prescription drugs
- moist towelettes - individual packets or dispenser
- toiletries / feminine hygiene items
- flashlights (water-proof and several sizes)
- batteries in unopened packages
- battery-operated radio
- NOAA weather radio
- keys - have an extra set of keys made and on a lanyard
- all-in-one tool (swiss army knife, leatherman)
- tool kit - including wrench or pliers to turn off utilities
- pocket knife
- duct tape
- tarp / plastic sheeting
- cash
- whistle to signal for help
- dust mask or cotton t-shirt, to help filter the air
- garbage bags and plastic ties for personal sanitation

Pet Care Items

- proper identification / records / medications
- ample supply of food and water
- a carrier or cage
- muzzle and leash

Additional Items

- documentation in a waterproof container (insurance, medical records, bank account numbers, social security card, etc.)
- vehicle fuel tanks filled - electricity may be off
- ziplock bags - put kit items in labeled bags and reuse bags
- emergency reference material (first aid book or print-outs)
- toys, books and games
- paper & cloth towels
- fire extinguisher
- tent
- compass
- matches in a waterproof container
- signal flare
- paper / pencils / permanent markers

Additional Things To Think About

If you are prone to losing power in your area, be aware that places may not be open or operating for extended periods like gas stations, banks or ATMs.

Use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches that contain added cleaners.

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. For pillows, you can stuff unused clothes into a t-shirt.

Written instructions on how to turn off electricity, gas and water if authorities advise you to do so. (Remember, you'll may need a professional to turn them back on.)

Emergency Contact Info

POLICE: _____
 POLICE (Non-emergency): _____
 FIRE DEPT: _____
 HOSPITAL: _____
 POWER CO: _____
 CABLE CO: _____
 PHONE CO: _____
 _____ : _____
 _____ : _____
 _____ : _____

Website Info

National Oceanic & Atmospheric Admin (NOAA): www.noaa.gov
 Federal Emergency Management Agency: www.fema.gov
 Weather Channel: www.weather.com

