

Prepare an Emergency Supply Kit

You should gather water, food, first-aid supplies, clothing, bedding, tools and other essentials ahead of time and be ready in the event you must evacuate or go without electricity, heat, or water for an extended period. The kit can be put into 5-gallon buckets, duffel bags, or backpacks.



You should consider including the following items in an Emergency Supply Kit:



- Water** 3-day supply of water.
- 1 gallon per person per day. Store water in sealed, unbreakable containers. Replace every 6 months.



- Food** 3- to 5-day supply of nonperishable packaged or canned food per person.
- Ready to eat canned meats, fruits & vegetables
 - Soups-bouillon cubes or dried soups in a cup
 - Milk-powdered or canned
 - Stress foods-sugar cookies, hard candy
 - Juices-canned, powdered or crystallized
 - Smoked or dried meats such as beef jerky
 - Vitamins
 - High energy foods-peanut butter, nuts, trail mix
 - Sugar, salt, pepper



- Clothing & Bedding** Include at least one complete change of clothing and footwear per person.
- Sturdy shoes or work boots
 - Warm socks, rain gear
 - Blankets or sleeping bags
 - Hats & gloves, extra warm clothing
 - Thermal underwear
 - Sunglasses



- First Aid Kit**
- Sterile adhesive bandages
 - 3-inch sterile gauze pads (8-12)
 - Triangular bandages (3)
 - 2-inch sterile gauze pads (8-12)
 - Hypoallergenic adhesive tape
 - 2 & 3-inch sterile roller bandages
 - Scissors
 - Tweezers
 - Needles
 - Safety razor blade
 - Bar of soap
 - Moistened towelettes
 - Antiseptic spray
 - Non-breakable thermometer
 - Latex gloves
 - Petroleum jelly
 - Assorted sizes of safety pins
 - Cleansing agent -soap
 - Tongue blades and wooden applicator sticks
 - Water purification tablets



- Tools & Supplies**
- Mess kits, paper cups, plastic utensils
 - Batteries, battery operated radio
 - Flashlight, extra bulbs, extra batteries
 - Wooden matches in waterproof container
 - Aluminum foil, plastic storage containers
 - Signal flare
 - Paper, pencil and needles, thread
 - Shovel & other useful tools
 - Plastic sheeting, duct tape
 - Maps (state, county, city)
 - Fire extinguisher
 - Money
 - Family emergency plan
 - Can opener (hand-operated)
 - Utility knife, paper towels
 - Tube tent/tarp
 - Medicine dropper
 - Dust mask and work gloves



- Sanitation**
- Personal hygiene items
 - Plastic garbage bags and ties
 - Plastic bucket w/tight lid
 - Spray disinfectant
 - Towelettes or diaper wipes
 - Toilet paper



- Special Items**
- For Baby**
- Formula, Juice
 - Diapers/wipes
- For Adult**
- Heart and high blood pressure medications
 - Insulin
 - Prescription drugs
 - Denture needs
 - Contact lenses and supplies
 - Bottles
 - Powdered milk
 - Medications
 - Extra eyeglasses
 - Entertainment -games, books
 - Cell phone
 - Prepaid phone card



- Important Family Documents** Keep copies in the emergency supply kit.
- Important phone numbers
 - Wills, insurance policies
 - Contracts, deeds, stocks and bonds
 - Passports, social security cards
 - Immunizations records
 - Family records (birth, marriage, death)
 - Inventory of valuable household goods