



Prepare. Plan. Stay Informed.

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air** and **warmth**.

### **Recommended Items to Include in a Basic Emergency Supply Kit:**

**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-perishable food

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

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

Prescription medications and glasses

Infant formula and diapers

Pet food and extra water for your pet

Important family documents such as 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](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

Books, games, puzzles or other activities for children