

In an emergency situation, such as a natural disaster, preparing items beforehand can help keep you and your family safe until you can get assistance.

# **Basic Kit**

- Essential items needed for all situations FOOD – WATER – CLOTHING.
  - Canned food: 3-5 days worth don't forget a non-electric can opener
  - Water to last 3-5 days -- about 1 gallon of water per person per day
  - Any medications needed by family members (e.g., heart or high blood pressure medication, insulin, contact lens supplies)
  - □ A first aid kit and first aid manual.
  - Extra clothing

#### Other items to bring:

- A battery-powered radio
- Flashlight with extra batteries
- Cell phone with charger
- Mess kits or paper dining products (e.g., cups, plates, napkins)
- Personal hygiene supplies (e.g., soap, toothpaste, toilet paper, garbage bags, etc.)
- Hand sanitizer
- Sleeping bags or extra blankets
- Dust masks
- Duct tape
- Cash or traveler's checks

## Additional items for infants:

- Bottles, formula, drinking water
- Diapers, ointments
- Medications

## Special items for children:

- A favorite toy or blanket
- Colors and paper to help keep them busy while in the shelter

## Don't forget items for pets.

 See 'Pet Emergency Plan and Supply Kit' handout (next page).

## Place your kit in a central location.

- Let all of your family know where it is.
- Check the contents regularly to ensure fresh and complete supplies.

#### Gather important family documents:

- □ Will, insurance policies, contracts, deeds, stocks, bonds
- Passports, social security cards
- Immunization records
- Bank account numbers
- □ Credit card account numbers and companies
- Inventory of valuable household goods
- □ Important telephone numbers
- Family records (birth, marriage, death certificates, social security numbers)
- □ Keep these documents in a waterproof, fireproof, portable container.

# Seasonal Items

- Spring/Summer
  - Mosquito protection: Insect repellant containing DEET or Picaridin, or long sleeved and long-legged clothing
  - Sunscreen, wide brim hat
- Winter
  - Extra blankets
  - Hats, gloves, scarves
  - □ Shovel, sand or cat litter

# **Emergency Kit for Your Car**

- You may be away from home and in your car during an emergency situation.
- Keep these preparedness items in your car:
  - High energy foods (e.g., peanut butter, crackers, granola bars, trail mix) and water
  - □ Flares, booster cables, tools, maps
  - First aid kit, blankets
  - □ Flashlight and extra batteries
  - Seasonal items: sunscreen, shovels
- Keep your gas tank full, in case of emergency.

# For More Information

#### Ready America: Get a Kit (FEMA)

http://www.ready.gov/america/getakit/

#### Assemble a Disaster Supplies Kit (FEMA)

http://www.fema.gov/plan/prepare/supplykit.shtm

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