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

Development of this educational material was by the Center for Food Security and Public Health with funding from the Multi-State Partnership for Security in Agriculture MOU-2010-HSEMD-004. June 2010.