

# EMERGENCY *Supply Kit*



## PLAN



## PREPARE



## STAY INFORMED

### RECOMMENDED items to include in an 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

### 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
- ☐ Sleeping bag or warm blanket for each person (Consider additional bedding if you live in a cold weather climate.)
- ☐ Complete change of clothing including 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 bleach or bleaches with added cleaners.
- ☐ Fire extinguisher
- ☐ Matches in a waterproof container
- ☐ Feminine supplies and personal hygiene items
- ☐ Mess kits, paper cups, plates, plastic utensils, paper towels
- ☐ Paper and pencil
- ☐ Books, games, puzzles or other activities for children

Being **READY** starts with you! Getting an **Emergency Supply Kit** and being informed about emergencies is a community responsibility. Learn more about being prepared: Register and take our no-cost, on-line courses at [www.teexwmdcampus.com](http://www.teexwmdcampus.com). (Select AWR-160-W or AWR-175-W.) For more readiness information, visit [www.teex.org/RUReady](http://www.teex.org/RUReady).