

# 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