

## EMERGENCY KIT - PUT ONE TOGETHER FOR YOUR FAMILY



You may need to survive on your own after an emergency or disaster which means you will be on your own. You will need your own food, water, and other supplies in sufficient quantities to last for at least three days. Remember that local officials and relief workers cannot reach everyone and 911 will be totally bogged down – you may get help within hours, or it may take days or weeks! In addition, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week or longer. So, put a survival kit together now so you are ready if and when you find yourself “totally on your own.”

Below is a list of basic items to include in your kit:

- Water, a three day supply - one gallon per person per day for drinking and sanitation;
- Food, at least a three day supply of non-perishable food - things you can eat right out of the package;
- Radio, battery powered or hand cranked and a NOAA Weather Radio with tone alert. Don't forget extra batteries to fit.
- Flashlight and extra batteries.
- First Aid Kit;
- Whistle to signal for help.
- Dust Mask (one for each family member), to help filter contaminated air and plastic sheeting and duct tape to shelter in place;
- Moist towelettes, toilet paper, garbage bags and plastic ties for personal sanitation;
- Wrench or Pliers to turn off utilities;
- Can Opener for food (if kit contains canned food) or scissors;
- Local Maps; and
- Cell Phone with chargers (in case electricity is still on), inverter or solar charger.

Consider adding the following items to your emergency supply kit:

- Prescription medications and glasses;
- Infant formula and diapers;
- Pet food and extra water for your pet;
- Personal hygiene supplies (male and/or female) and hand sanitizer;
- First aid book;
- Sleeping bag or warm blanket for each person. If you live in a cold weather climate, consider adding additional bedding;
- Complete change of clothes, including long sleeve shirt, long pants, hat and gloves and sturdy shoes.
- Household chlorine bleach and medicine dropper – when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. In an emergency, use it to treat water by adding 16 drops per gallon of water. Do not use scented, color safe or bleaches with added cleaners for these purposes.
- Fire extinguisher;
- Matches in a water and fire proof container;
- Mess kits, paper cups, plates, plastic utensils and paper towels;
- Cash or traveler's checks and change;
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container;
- Pen and paper; and
- Books, games, puzzles or other activities for children.

