

Emergency Supplies

Every member of your family should have an individualized kit of emergency supplies. The kit should contain enough food, water, medications, and other consumables to last up to **10 days**.

Check your kit every week and build one for each member of your family. Be sure to incorporate every family member's individual needs in their kit and add an entertainment item such as a deck of cards or a paperback book.

Include the following in your emergency supplies kit:

Food and Water

- Bottled water - one gallon per person per day, collapsible, sterile water container.
- Ready-to-eat canned foods - vegetables, fruits, beans, meat, fish, poultry, pasta, soup, juice.
- Milk - powdered, canned or shelf-stable brick pack.
- High energy foods - peanut butter, jelly, nuts, dried meat (for example, jerky), granola, trail mix, energy bars.
- Staples - sugar, salt, pepper, instant coffee, tea bags, cocoa.
- Candy - chocolate bars, hard candy.
- Infant and small children's needs - baby food, formula, disposable diapers.
- Specialty food - for elderly or people on special diets.
- Pet food (if needed).



Health and Hygiene Supplies

- Prescription medication - at least one week's supply.
- Toilet paper.
- Pre-moistened hand wipes - pre-moistened baby wipes.
- Hand sanitizer
- Toiletries - toothpaste, deodorant.

- Feminine hygiene supplies.
- A list of family physicians, important medical information, and the style and serial number of medical devices such as pacemakers.

Personal Supplies

- A change of clothing, rain gear and sturdy shoes for each family member. Sleeping bags, bedding or blankets for each family member.
- An extra pair of glasses or contact lenses and solution (be sure to check expiration dates).
- Document Holder with identification, credit cards/traveler's checks/cash, and photocopies of important family documents including home insurance information.
- Supports you need for daily living such as sensory items such as fidget toys, weighted blankets, noise canceling headphones or adaptive feeding devices (specialized utensils).

Household Supplies and Equipment

- One-gallon liquid chlorine bleach
- Battery-powered radio or TV
- Flashlights - one for each room of the house
- Lantern LED
- Glow sticks
- Extra fresh batteries for radio, TV, lantern and flashlights
- Whistle
- Gasoline (if you plan to use a generator outdoors)
- Propane fuel (if you plan to use a grill or camp stove outdoors)
- Charcoal (if you plan to use a barbecue grill outdoors)
- Disposable tableware, including paper towels and napkins
- Manual can opener
- Plastic bags - zip sealing, garbage
- Fire extinguisher (small canister A-B-C type)



- Food thermometer - able to measure temperature from 0 to 220 degrees Fahrenheit
- Crate for your pets

Tools

- Rope (for rescue, tow, tying down property)
- Shovel
- Hammer and nails
- Multi-Tool with pliers
- 4 in 1 Emergency Tool (with gas and water shut off)
- Reflective Vests
- Work gloves
- Eye Goggles
- Utility Tape
- Electrical tape
- Clean-up supplies
- Broom
- Buckets (5 gal min, with lids)
- N-95 particulate masks
- Disinfecting spray
- Mop
- Paper towels
- Rags (to clean with)
- Rubber gloves
- Scrub brush
- Sponges
- Garbage bags with ties

Emergency First Aid Kit

Have these supplies on hand:

- First aid manual

- Assortment of sterile gauze pads and adhesive bandages
- Medical tape
- Ace bandage
- CPR mask
- Quik Clot
- Over-the-counter drugs (aspirin, antidiarrheal medications, and activated charcoal)
- Antiseptic ointment
- Soap
- Nitrile gloves
- SAM splint
- Oropharyngeal airways set
- Thermometer
- Tweezers and needles
- Tongue depressors