

HOW to BUILD A KIT?

Start with items you already have in your home. Then add a few things each week that you purchase at the store so it doesn't become expensive. The time to prepare for a disaster is before it strikes.

Recommended Items to Include in a Basic Emergency Kit:

- Water: 1 gallon per person, per day
- Nonperishable food: 3-5 day supply per person, canned goods, crackers, granola bars, meal replacement bars or shakes
- Flashlight: be sure to have extra batteries
- Radio: hand crank or battery powered
- First Aid Kit: antiseptic, gloves, bandages, gauze, adhesive tape
- Clothes: 1 change of clothes & shoes per person, rain gear, have extra if colder climate, sleeping bag, blankets
- Hygiene Basics: soap, toothpaste, toilet paper, hand sanitizer, moist towelettes, garbage bags and plastic ties for personal sanitation
- Tools: wrench or pliers to turn off utilities, handheld can-opener, matches in waterproof container, fire extinguisher, paper and pencil, whistle
- Documents: physicians telephone, copies of SS card, info on medical devices, insurance information
- Money: credit card, cash, I.D.
- Special Needs: child care items, infant formula & diapers, pet supplies, family medications (3 to 5 days supply)

Additional Items to Consider Adding to an Emergency Kit:

- Prescription medications and glasses
- Cell phone with charger, inverter or solar charger
- Keep important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- 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 or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

What do I put my items in?

- Plastic Tote: A plastic tote will help keep things dry, but if you have a large family, consider multiple smaller totes that are easier to carry
- Rolling suitcase: Designed to be easy to pull and carry around, stores upright
- Duffel Bag or backpack: One for each family member and easy to carry around if you find yourself on foot

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