

# Emergency Preparedness Supply Kit

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets, or seniors.

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

## Recommended Basic Items

- Water
  - Minimum, 3 gallons for each person
- Food
  - Minimum, 3-day supply of food that does not require refrigeration for each person
- Manual can opener
- Radio
  - Battery powered or hand-cranked powered
- Flashlight
- Extra batteries
  - Flashlight
  - Radio
  - Medical equipment
  - Other electronic powered items in kit
- Phone charger
- Personal sanitation
  - Baby wipes
  - Garbage bags
  - Hand sanitizer
- Hand tools
  - Pliers
  - Screwdrivers
  - Zip ties
  - Duct tape
  - Eye glass repair kit
- Local maps
  - Pre-mark important locations and travel routes
- Emergency contact info
- Medical supplies
  - Medications/Basic Medical Records

- 1-page list of communication/support needs
- Medical Equipment
- First aid kit
- Comfort and sensory items
  - Noise-cancelling headphones
  - Fidget toys
  - Other sensory assistance items
- Copy of insurance card
- Blanket, comforter, or sleeping bag
- Pillows
- Complete change of clothing
- Whistle
- Pet food and extra water
- Extra changes of clothes for all seasons
- Pair of sturdy shoes
- Shower shoes and personal hygiene items

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## Encouraged Additional Items

- Cash
- Copy of ID
- Emergency reference guides
- Multitool or pocket-knife
- Zip lock bags
- Camp stove
  - Fuel
  - Lighter
  - Matches in a waterproof container
  - Camp cookware set
  - Camp utensil set
- Fire extinguisher
- Paper and pencil
- Books, puzzles, board games, etc. for entertainment

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## Practice Your Plan

Start a family discussion by visiting the [ready.gov](https://www.ready.gov) website and walking through the tools and kids games provided <https://www.ready.gov/plan>  
<https://www.ready.gov/kids>



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