



Emergency Supply Kit

An emergency supply kit is a collection of basic items that you might need during an emergency. It's good to involve whoever is going to use the kit, including children, in assembling it. Assemble the following items to create kits to use at your home, office, school and/or in a vehicle:

- Water—one gallon per person, per day
- Food—nonperishable, easy-to-prepare items
- Flashlight
- Battery powered or hand crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply), other medical supplies, and medical paperwork (e.g., medication list and pertinent medical information)
- Multipurpose tool (e.g., Swiss army knife)
- Sanitation and personal hygiene items
- Copies of personal documents (e.g., proof of address, deed/lease to home, passports, birth certificates, and insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Extra set of car keys and house keys
- Manual can opener
- Medical supplies (e.g., hearing aids with extra batteries, glasses, contact lenses, syringes, or a cane)
- Baby supplies (e.g., bottles, formula, baby food, and diapers)
- Games and activities for children
- Pet supplies

Once you've gathered your supplies, pack the items in easy-to-carry containers, clearly label the containers, and store them where they are easily accessible. In a disaster situation, you may need access to your emergency supply kit quickly - whether you are sheltering at home or evacuating. Make sure to check expiration dates on food, water, and batteries throughout the year.

<http://emergency.cdc.gov/preparedness/kit/disasters>

<http://www.crisisresponse.org>