

You may need to survive on your own after an emergency. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on scene after a disaster, but they may not be able to reach everyone immediately. Help may arrive in a few hours or it might take days. In addition, basic services such as electricity, gas, water, sewage treatment, and telephones may be interrupted for days, weeks, or even longer.



Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in their workplace, vehicle or other places they spend time.

## Recommended Items to Include in a Basic Emergency Supply Kit:

- ✓ Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- ✓ Food, at least a three-day supply of non-perishable food
- ✓ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- ✓ Flashlight and extra batteries, or a hand crank flashlight
- ✓ First aid kit
- ✓ Whistle to signal for help
- ✓ Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- ✓ Moist towelettes, garbage bags and plastic ties for personal sanitation
- ✓ Wrench or pliers to turn off utilities
- ✓ Can opener for food (if kit contains canned food)
- ✓ Local maps
- ✓ Cell phone with chargers, inverter or solar charger

## Additional Items to Consider Adding to an Emergency Supply Kit:

- ✓ Prescription medications and glasses
- ✓ Infant formula and diapers
- ✓ Pet food and extra water for your pet
- ✓ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- ✓ Cash or traveler's checks and change
- ✓ Sleeping bag or warm blanket for each person
- ✓ Complete change of clothing including a long sleeved shirt, long pants 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. 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

### BASIC EMERGENCY SUPPLY KIT

#### Top 12 Recommended Items

Consider stocking up on these supplies to keep you and your family safe during a disaster

