



Emergency Kit Supply List

Following an emergency/disaster, you may need to survive on our own for a short time or for several days. You should have on hand what items you & your family will need for at least three days.

Start with a basic Emergency 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
- Manual can opener (if kit contains canned food)
- NOAA Weather Radio with tone alert
- Cell phone, solar charger and a backup battery
- Flashlight & extra batteries
- First aid kit
- Whistle (to signal for help)
- Pocketknife and/or multi purpose tool
- Extra set of clothing, including sturdy shoes
- N95 dust mask or surgical mask, plastic sheeting and duct tape for sheltering in place
- Moist towelettes and/or hand sanitizer
- Tools to turn off utilities
- Cash (as ATMs will not work if there is a power outage)
- List of emergency contacts (including at least one contact outside the area)
- 3-7 day supply of prescriptions, and a list of medications, dosages & reason for use

If you have children or pets, don't forget to add:

- Baby supplies (formula, bottles, baby food, diapers, medications, etc.)
- Pet supplies (food, water, collar, leash, carrier, bowl, vaccination records, etc.)
- Comfort toy, books, games, puzzles or other activities for children
- Recent photos of each family members, including a photo of pets

For a more complete Emergency Kit, consider adding the following items:

- AM/FM Radio
- Two-way radio
- Personal hygiene items (deodorant, shampoo, soap, toothbrush, feminine supplies, etc.)
- Insect repellent & sunscreen
- Glasses and contact lens solution
- Hand & foot body warmers
- Tent and/or waterproof tarp
- Important family documents in waterproof container (Copies of ID's, insurance , etc.)
- Local maps & compass
- Small mirror
- Basic tools
- Have a way to disinfect water (water purification tablets, water filter or chlorine bleach)
- Water bottle
- Paper, pencil & permanent marker
- Hatchet
- Resealable bags
- Add any additional items to custom tailor your kit based on your needs & the needs of your family
- Personal sanitation items (toilet paper, garbage bags, etc.)
- Non-prescription medications
- Sleeping bags & Mylar blankets
- Hat, sunglasses, work gloves & rain gear
- First aid manual
- Waterproof matches/fire starter
- Extra car & house keys
- Signal flare
- Chem lights glow sticks
- Lantern
- Rope / parachute cord
- Sewing kit
- Mess kit, paper cups, plates, paper towels, plastic utensils & aluminum foil
- Playing cards or other activities
- Mini or folding shovel
- Camping stove & fuel
- Waterproof duffle bag/backpack to carry everything (one per family member)

You should also carry an emergency kit in your vehicle which includes:

- Jumper cables
- Flashlight
- Shovel & ice scraper
- Flares or reflective triangle
- Battery powered radio
- Cell phone charger
- Cat litter or sand for better traction
- Blanket & hand warmers
- Hat, gloves & boots
- Set of warm clothing & rain gear
- First aid kit
- Necessary medication
- Basic tool kit & tire repair kit
- Water & snacks
- Tow rope