



Preparedness Kits:

Water, food, and clean air are important things to have if an emergency strikes. Each household should have a 72-hour emergency supply kit that is customized to meet family-specific needs. The kit should include essential items, such as a three-day supply of water and food, important family documents, and items that satisfy unique family needs.

Include these basic items in your preparedness kit:

- Water - one gallon per person, per day, for at least three days
- Food - at least a three-day supply of non-perishable food per person
- Battery-powered or hand crank radio and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle - to call for help
- Dust Mask - to help filter contaminated air
- Sanitation items - such as moist towelettes, garbage bags, and plastic ties.
- Manual can opener - for food
- Clothing, shoes, and bedding
- Important family documents - such as copies of insurance policies, bank account records, and medical records
- Unique family needs - such as daily prescription medications, infant formula, or diapers

Additional items to consider for your preparedness kit:

- Cash, coins, or traveler's checks
- Emergency reference materials - such as first aid book
- Disinfectant and household chlorine bleach
- Fire extinguisher
- Tools and supplies - such as pliers and work gloves
- Personal hygiene items and feminine supplies
- Eating utensils
- Paper and pencil
- Chargers - for electronics such as cell phone or computer
- Plastic sheeting and duct tape for sheltering inside
- Pet supplies
- Books, games, puzzles - for children

Remember: A disaster can strike at any time. Consider creating additional preparedness kits for work, the car or travel.