



In an emergency situation, such as a natural disaster, preparing items beforehand can help keep you and your family safe until you can get assistance.

Basic Kit

• Essential items needed for all situations – FOOD – WATER – CLOTHING.

- Canned food: 3-5 days worth – don't forget a non-electric can opener
- Water to last 3-5 days -- about 1 gallon of water per person per day
- Any medications needed by family members (e.g., heart or high blood pressure medication, insulin, contact lens supplies)
- A first aid kit and first aid manual.
- Extra clothing

• Other items to bring:

- A battery-powered radio
- Flashlight with extra batteries
- Cell phone with charger
- Mess kits or paper dining products (e.g., cups, plates, napkins)
- Personal hygiene supplies (e.g., soap, toothpaste, toilet paper, garbage bags, etc.)
- Hand sanitizer
- Sleeping bags or extra blankets
- Dust masks
- Duct tape
- Cash or traveler's checks

• Additional items for infants:

- Bottles, formula, drinking water
- Diapers, ointments
- Medications

• Special items for children:

- A favorite toy or blanket
- Colors and paper to help keep them busy while in the shelter

• Don't forget items for pets.

- See 'Pet Emergency Plan and Supply Kit' handout (next page).

• Place your kit in a central location.

- Let all of your family know where it is.
- Check the contents regularly to ensure fresh and complete supplies.

• Gather important family documents:

- Will, insurance policies, contracts, deeds, stocks, bonds
- Passports, social security cards
- Immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods
- Important telephone numbers
- Family records (birth, marriage, death certificates, social security numbers)
- Keep these documents in a waterproof, fireproof, portable container.

Seasonal Items

• Spring/Summer

- Mosquito protection: Insect repellent containing DEET or Picaridin, or long sleeved and long-legged clothing
- Sunscreen, wide brim hat

• Winter

- Extra blankets
- Hats, gloves, scarves
- Shovel, sand or cat litter

Emergency Kit for Your Car

• You may be away from home and in your car during an emergency situation.

• Keep these preparedness items in your car:

- High energy foods (e.g., peanut butter, crackers, granola bars, trail mix) and water
- Flares, booster cables, tools, maps
- First aid kit, blankets
- Flashlight and extra batteries
- Seasonal items: sunscreen, shovels

• Keep your gas tank full, in case of emergency.

For More Information

Ready America: Get a Kit (FEMA)

<http://www.ready.gov/america/getakit/>

Assemble a Disaster Supplies Kit (FEMA)

<http://www.fema.gov/plan/prepare/supplykit.shtm>

Development of this educational material was by the Center for Food Security and Public Health with funding from the Multi-State Partnership for Security in Agriculture MOU-2010-HSEMD-004. June 2010.

