FAMILY EMERGENCY SUPPLY KIT

General Preparedness

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 repellant 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

- **In some situations, you may be away from home and in your car.**
  - ☐ A full gas tank full in case of emergency
  - ☐ 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

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

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