



# Home Emergency Kit *\*cut out and stick on the refrigerator!*

*When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth. The list below is good, however, remember to keep emergency supplies separate from the rest of your consumable daily items.*

## **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
- 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
- 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
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- 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
- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- If you live in a warm weather climate more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep at least a three-day supply of water per person.
- Store at least a three-day supply of non-perishable food.
- Select foods that require no refrigeration, preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.
- Avoid salty foods, as they will make you thirsty.

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- Choose foods your family will eat.
- Ready-to-eat canned meats, fruits and vegetables (military version MRE surplus store)
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods
- Things you should have:
  - Two pairs of Latex, or other sterile gloves (if you are allergic to Latex).
  - Sterile dressings to stop bleeding.
  - Cleansing agent/soap and antibiotic towelettes to disinfect.
  - Antibiotic ointment to prevent infection.
  - Burn ointment to prevent infection.
  - Adhesive bandages in a variety of sizes.
  - Eye wash solution to flush the eyes or as general decontaminant.
  - Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies.

**Things it may be good to have:**

- Cell Phone
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant
- Non-prescription drugs:
  - Aspirin or non-aspirin pain reliever
  - Anti-diarrhea medication
  - Antacid (for upset stomach)
  - Laxative

*This list was extracted from the Ready Gov web site:*

*(<http://www.ready.gov/america/getakit/firstaidkit.html>)*

*This web site provides many ideas that can be utilized for different segments of the population. The list is by no means the measuring stick for any family. In my experience, I would add several things that were not mentioned such as toilet paper and the dependable ZIP lock bags (quart size preferably). I have also made comments next to several items mentioned above.*

*In conclusion, "emergencies" can mean the same for most of the population, but in many cases can differ based on the needs and circumstances of each family. I recommend that emergency preparation kits be prepared for by the entire family when possible. This preparation creates a sense of team work, since most emergencies activate different size teams both at a local level and a national level.*