

Build a Kit. Assemble an emergency supplies kit

Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer. While there are many things that might make you more comfortable, think first about fresh water, food and clean air.

Recommended Supplies to Include in a Basic Kit:

- √ Water - one gallon per person per day, for drinking and sanitation
- √ Canned goods and non-perishable food - at least a three-day supply
- √ Manual can opener
- √ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- √ Flashlight or lantern, with extra batteries
- √ First Aid kit
- √ Moist towelettes, garbage bags and plastic ties for personal sanitation
- √ Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- √ Items for unique family needs, such as prescription medications and eyeglasses, infant formula or diapers.
- √ Charger for cell phone (also an auto, solar or crank charger in case power is out)
- √ Dust mask (or cotton t-shirt) to help filter the air, and plastic sheeting and duct tape for sheltering-in-place
- √ Infant formula and diapers, if needed
- √ Whistle to signal for help
- √ Wrench or pliers to turn off utilities



And if you have pets, don't forget about emergency supplies for them as well including pet food and extra water!

Additional Items to Consider Adding to an Emergency Supply Kit:

- Prescription medications and eyeglasses
- Cash or traveler's checks and change
- Sleeping bag or warm blanket for each person.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes.
- 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
- Disposable cups, plates, utensils, and paper towels.
- Paper and pens/pencils
- Books, games, puzzles or other activities for children

Consider two kits. In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version "Go Bag" you can take with you if you have to get away.