



Disaster Supply Kit

- **Water:** Each member of your family will need one (1) gallon of water each day for drinking, cooking, and basic hygiene. For a family of four, a three-day emergency kit would require 12 gallons of water.
- **Nutrition:** Each member of your family will need 2,000-3,000 calories per day. The best way to prepare for this is to store non-perishable food that requires little or no preparation (including some canned goods, dry goods that require only hot water, and sealed goods such as granola bars or foil packages of tuna fish), or meals ready-to-eat (MREs). It is important that the food accommodate any special diets, such as baby formula for infants, high-calorie diets for pregnant and nursing mothers, or low-sodium foods for individuals with hypertension. Also, be sure you have a can opener or other tools needed to open food.
- **Information:** You should have a battery-powered or hand-cranked radio, or a NOAA Weather Radio, so you can receive warning and response information as it is issued even if the power goes out.
- **Communication:** It's a good idea for every member of the household, beyond a certain age, to have a mobile phone. You may want to consider purchasing a solar charger or other alternate charging system in case power is lost for an extended period.
- **Sleeping and Warmth:** Your kit should ensure that each family member has a blanket or sleeping bag in case bedding is not readily available at a shelter or the shelter location is not adequately heated. An inflatable pillow takes up little space but is very helpful when needed.
- **Clothing:** At least one full change of seasonally-appropriate clothing, including shoes and outerwear, for each family member.
- **Light:** Flashlights and batteries are always preferable to candles because of the reduced risk of fire and increased reliability. Include one flashlight for each family member.
- **Emergency First Aid:** Disaster areas are inherently hazardous, and in many cases the majority of injuries occur after the emergency has passed and victims travel outside. In most cases, a store-bought first-aid kit will suffice. However, if you have any special medical needs, your kit should have spares of the items you need. Be sure you have some sort of emergency information such as a first aid booklet.



- **Basic Tools and Supplies:** Tools that are often needed in an emergency include matches, special tools to turn off utilities, and a knife. Supplies include paper towels, duct tape, plastic sheeting, and garbage bags.
- **Hygiene:** Your family will need supplies for basic hygiene, which will likely include toilet paper, toothbrushes, toothpaste, soap, shampoo, moist towelettes, bath towels, feminine hygiene products, deodorant, sunscreen, comb/brush, and waterless hand cleaner.
- **Medication:** If anyone in your family takes prescription or over-the-counter medications, consider having a backup supply on hand in case you are not able to reach a pharmacy or if local stocks become depleted. If anyone in your family has allergies, be sure to keep spare allergy medications, such as an EpiPen, in your kit.
- **Extra House and Car Keys:** In the chaos of a disaster event, keys are easily lost or misplaced.
- **Cash:** Banks may be closed for days, and ATM machines may not work due to power outages or network failures.
- **Batteries:** In a power outage you will need extra batteries to power radios and flashlights. If you use a hearing aid, you will need extra batteries in case stores run out.