

EMERGENCY PREPAREDNESS KIT

The ten all-hazard essentials, a systems approach



COMMUNICATION:

Cell phone (w/charger), landline (not cordless) solar or hand-crank combination radio/charger, contact numbers



ILLUMINATION:

Flashlight and extra batteries, lantern, glow-sticks, candles, headlamps



HYDRATION:

One gallon of water per person per day, also methods for purifying water



NUTRITION:

At least a three-day supply of non-perishable food. Include candy/comfort foods



HEAT: Firewood, matches/lighter, blankets or sleeping bags **Never use a cook stove or propane grill as a heat source indoors

Additional items to consider:

- **Infant/elderly needs**, i.e. Formula, food supplements and diapers
- Playing cards, **games**, or books
- Moist **towelettes**, **garbage bags** and plastic ties for personal sanitation
- Disposable **N95 masks** for air filtration
- Manual **can opener** for food (if kit contains canned food)
- **Pet food** and extra water for animals
- **Whistle**
- **Extra batteries**
- **Fuel**



BASIC TOOLS:

Knife, hammer, and saw for repairs, wrench or pliers to turn off utilities



SHELTER:

Plastic sheeting and duct tape to shelter-in-place, repair roof leaks or improvise a new shelter.



DOCUMENTS:

Consider documents such as copies of insurance policies, ID, bank account records, etc. Cash may also be helpful.



FIRST AID:

Prescription medications, extra eye glasses, feminine hygiene products, general first aid/trauma kit



PERSONAL EFFECTS:

Warm clothing (synthetic/wool/down), undergarments, socks, shoes, gloves