

Disaster Preparedness Kit Recommendations:

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. A basic emergency supply kit could include the following recommended items:

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
- Flashlight
- First aid kit
- Extra batteries
- 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

- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery



Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

Prescription medications

- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lenses solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil