Build a Disaster Preparedness Kit

A disaster preparedness kit is a collection of household items that you may need in the event of an emergency, containing enough food, water, and supplies to help your family survive on your own for at least 72 hours. Store items in airtight bags and try to keep the entire kit in one or two easy to carry containers such as duffel bags or plastic bins. Replace perishable items as they expire and keep a version of this kit in your home and office, in a cool, dry place.

Primary Items to Include in Your Disaster Preparedness Kit

- ❑ **Flashlight or candles**
- ❑ **First aid kit with pain killers, bandages, etc.**
- ❑ **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
- ❑ **Cell phone with chargers and a backup battery**
- ❑ **Personal protective equipment (PPE like masks and gloves) and other sanitation equipment**
- ❑ **Extra batteries**
- ❑ **Whistle to signal for help**
- ❑ **Knife, shovel, duct tape or other multi-use tools**
- ❑ **Moist towelettes, garbage bags and plastic ties for personal sanitation**
- ❑ **Wrench or pliers to turn off utilities**
- ❑ **Manual can opener for food**
- ❑ **Local maps**
- ❑ **Battery-powered or hand crank radio**

Additional Items to Consider for Your Disaster Preparedness 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**
- ❑ **Sleeping bag or warm blanket for each person**
- ❑ **Complete change of clothing -** including a long-sleeved shirt, long pants and sturdy shoes.
- ❑ **Fire Extinguisher**
- ❑ **Matches in a waterproof container or lighter**
- ❑ **Household chlorine bleach and medicine dropper** – Use to create cleaning solutions
- ❑ **Feminine supplies, personal hygiene items**
- ❑ **Mess kits, paper cups, plates and plastic utensils, paper towels**
- ❑ **Paper and pencil**
- ❑ **Books, games, puzzles or other activities for children**