Basic Categories of Items for an Emergency Kit

**Water**

On average, one gallon of water per day for drinking, cooking, and sanitation

3–7 day supply of water (remember, water is heavy, so advanced planning for this might be needed if you are evacuating or mobile in general)

Store water in sealed, unbreakable containers.

If bottling your own water, note storage date and replace every 6 months.

If purchasing bottled water, follow the expiration date on the bottle.

One option is Datrex Water Pouches- Total of 2 Quarts (5 year shelf life, approved by U.S.C.G.)

**Food**

Non-perishable foods

3 to 7-day supply of food is recommended.

Maintain caloric intake.

Minimize the use of food that requires preparation.

Have a manual can opener.

Maintain sanitation by using fresh water for cooking.

**Shelter**

Use blankets/sleeping bags for warmth.

Pillow

Flashlight with batteries (and extra batteries)

Tent (depending on situation)

**Clothing**

Change of clothes

Comfortable shoes, socks

Layers of clothing for comfort (weather dependent)

Raincoat or poncho

Hat (with brim especially in sunlight)
**Basic Supplies**

Personal medications (at least a 3-day supply) and be aware of refrigeration needs  
Pet supplies and medications (if applicable)  
Games and activities for children  
Battery-powered flashlight (Pen Light is also a good addition)  
Spare batteries  
Cell / device chargers  
Pan for cooking  
Communication/battery-powered radio (or crank radio)  
First aid kit (see below for more details)  
Maps (protective covering or waterproof – fishing and tackle stores or outdoor stores are a good place to find these)  
Knife/utensils  
Hard Plastic “Pealess” Whistle  
Wrench or pliers (used also to turn off utilities at your home before you leave)  
Multi-tool  
Paper and pen

**Personal Hygiene**

Bathroom tissue  
Deodorant  
Feminine products  
Soap  
Hand-washing materials  
Sunscreen  
Tooth brush and toothpaste
**Additional Key Items**

- Cash and credit cards
- Personal identification
- Important documents such as Birth Certificate, property-related docs, insurance info, medical documents/records, financial information (in a waterproof container)
- Extra set of car keys
- Extra eyeglasses, contact lenses, and solution
- Scissors
- Duct-tape
- Heavy-duty garbage bags
- Insect repellant
- Disinfectant

Household chlorine bleach (2 uses) You can use bleach as a disinfectant (diluted nine parts water to one part bleach). Or in an emergency you can also use it to treat water. Use 8-16 drops (medicine dropper) or approximately 1/8 teaspoon of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners. Let this solution stand for 30 minutes, after which there should be a slight bleach odor (if not, add drops until residual odor is achieved). If possible, boiling AND bleach provide the best emergency treatment of water rather than one alone.

- Medicine dropper
- Compass
- Paper towels

**Additional first-aid items**

- Anti-microbial moist towelettes (individually wrapped)
- Hand sanitizer
- 10 – Adhesive Bandages 3/4” x 3”
- 1 – Fingertip Bandages Fabric
- 1 – Knuckle Bandages Fabric
- 5 – Adhesive Bandages Plastic 1” x 3” Plastic
- 5 – Adhesive Bandages 3/8” x 1.5” Plastic
- 1 – Adhesive Bandage 2” x 4.5”
2 – Non-Adherent Pad 2” x 3”
1 – Nitrile gloves pr.
1 – Rolled Gauze 2” x 4yds. Wrapped
4 – Sterile Gauze Pads 3”x3”
1 – First Aid Tape 1/2” x 2.5yds.
1 – Tweezers 5”

Dusk mask to aid in filtering air (or properly fitted and N 95 mask)