

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 repellent

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)