

## #2: Family Preparedness – Create a Disaster Supply Kit

During a disaster event, you and/or your family will require specific items. Assemble supplies before disasters occur, including supplies for various locations (e.g., home, work, vehicle).

Your emergency supply kit should include the following items:

- Water, one gallon of water per person per day for at least three and preferably seven days, for drinking. You should also plan for emergency sanitation that conserves water since this water supply is primarily for drinking. Water needs vary depending on age, physical condition, activity, diet, and climate.
- Food. At least a three-day and preferably a seven-day supply of non-perishable food. Remember that some foods require water for preparation.
- Battery-powered or hand crank radio and a *NOAA Weather Radio All Hazards* with tone alert with extra batteries
- Smartphone weather alerting apps to ensure redundant alerting capacity
- Flashlight and extra batteries
- First aid kit
- Whistle, to signal for help
- Dust mask, to help filter contaminated air, and plastic sheeting and duct tape to shelter in place from a chemical incident and airborne chemicals outside
- Moist wipes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Masks, hand sanitizer, disinfecting wipes, and spray
- Manual (not electric) can opener for food (if kit contains canned food)
- Local maps
- 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 and fireproof portable container
- Cash and change
- Sleeping bag or warm blanket
- Complete change of clothing including a long-sleeved shirt, long pants, and sturdy shoes. You may need additional clothing if you live in a cold-weather climate.
- Water purification system and/or household chlorine bleach and medicine dropper
- Fire extinguisher
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plastic plates and utensils, and paper towels
- Paper and pencil
- Books, games, puzzles, or other activities for children

Consider what items are needed to meet your unique family needs, including how many family members you have, age, diet, health, mobility, as well as the conditions in your location (cold climate, hot climate, etc.). Prepare separate, sets of emergency supplies for your vehicle and workplace that can last at least 24 hours as you may not know where you will be when an emergency occurs, and always include essential medications.

- » **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.
- » **Work:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water, and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.
- » **Vehicle:** Keep a kit of emergency supplies in your car in case you are stranded.



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