

# Building a 7 Day Emergency Kit



**Contains specific information on food, water, and power generation**

**Preparing now will save you later!**

**A 12 week schedule for a cost-effective approach**



State of

**Alaska**

Department of Military  
and Veterans Affairs

Homeland Security &  
Emergency Management





# Emergency Kit Guide



## Initial Considerations

- Establish an accessible place to store your kit:
- Your family will need supplies for at least **7 Days**
- Plan as a family for emergency situations
- Determine unique personal or family needs for your kit
- Copy your critical documents and store them in your Go Kit
- Plan to make your kit in several parts:
  - Main Kit (at home)
  - Go Kit (for evacuation)
  - Vehicle Kit (if stranded)

## Food Storage

Decide how you are going to prepare your food during a power outage  
Purchase/Store your food in 3 meal, 1 Day Units

- Choose your food according to your family's needs
- If you don't eat it, don't buy it
- Factors in food choice:
  - Shelf Life
  - Nutrition
  - Preference
- Choose foods that will provide energy
- Avoid foods that will make you thirsty
- Store your food in a cool, dry area
- If vacuum sealing or canning, follow sanitary guidelines
- Good Foods to Consider (Approximate Shelf Life):
  - Ready to eat canned meals (1 Year)
  - Protein Bars/Nuts (1 Year)
  - Dried Fruit/Fruit Bars (6 Months)
  - Crackers/Peanut Butter (1 Year)
- Consider dietary constraints when storing food
- Always double check food before eating it
- Do not** allow canned goods to freeze!

## Water Storage/Purification

There are many ways to treat water, choose the best for your situation  
Plan on 1 Gallon of water per person per day

- Your water storage is not just for drinking, but also cleaning, sanitation, etc.
- Unless you know it's clean, always purify water:
  - Boiling 3-5 minutes
  - ¼ tsp. or 16 drops of bleach per gallon
  - Distillation
- If using other water purification methods, know the capabilities/limitations before using it.
- You may store drinking water separately from other use water.
- In dire emergency situations, your water heater reservoir can serve as a water source.
- Change your drinking water every 6 months
- Store your water in clean containers, do not use bottles that might contain contaminants, like old milk cartons.

## Generators/Indoor Heaters

Choose a generator based on your family's minimum needs during an emergency  
It is important in Alaska to have an emergency heat source for your family

- Never run a generator indoors!**
- Know the load constraints of your generator
- Buying a portable generator is a simpler, safer option than trying to install one in your home
- Keep fuel on hand for your generator
- There are many indoor heating options, such as:
  - Wood Stove
  - Fireplace
  - Propane Heaters
- Always follow the manufacturer's instructions for ventilating your heat source



# Emergency Kit Schedule

Use this schedule as a cost-effective means of building a 7 day emergency kit over a 12 week period  
If needed, each week can be divided into 2 weeks to make it a 24 week program

As you go:

- Inventory what you already have, start with those items
- Put Expiration labels on items with a shelf life
- Make two parts to your kit: the Home Kit and the Go-Kit
- Your go kit will contain small portions of your main kit, according to what you can carry

|                |  |   |
|----------------|--|---|
| <b>Week 1</b>  | First Aid Kit <input type="checkbox"/><br>1 Gallon of Water* <input type="checkbox"/><br>1 Day of Food* <input type="checkbox"/>   | Large Container to store your Kit:<br>Trash can, large tote, etc. <input type="checkbox"/><br>Hand Operated Can-Opener <input type="checkbox"/> |
| <b>Week 2</b>  | Duct Tape <input type="checkbox"/><br>1 Gallon of Water* <input type="checkbox"/><br>1 Day of Food* <input type="checkbox"/>   | Plastic Sheeting <input type="checkbox"/><br>Utility Knife <input type="checkbox"/><br>Backpack for Go-Kit <input type="checkbox"/>             |
| <b>Week 3</b>  | Flashlight <input type="checkbox"/><br>1 Gallon of Water* <input type="checkbox"/><br>1 Day of Food* <input type="checkbox"/>  | Extra Batteries <input type="checkbox"/><br>Anti-Bacterial Soap <input type="checkbox"/><br>Sleeping Bag/Pad <input type="checkbox"/>           |
| <b>Week 4</b>  | Over the Counter Medication <input type="checkbox"/><br>1 Gallon of Water* <input type="checkbox"/><br>1 Day of Food* <input type="checkbox"/>                                   | Extra Tooth Brush* <input type="checkbox"/><br>Tube of Toothpaste <input type="checkbox"/><br>Emergency Poncho* <input type="checkbox"/>        |
| <b>Week 5</b>  | Heavy Cord <input type="checkbox"/><br>1 Gallon of Water* <input type="checkbox"/><br>1 Day of Food* <input type="checkbox"/>  | Lighter & waterproof matches <input type="checkbox"/><br>Pen/Notepad <input type="checkbox"/>   |
| <b>Week 6</b>  | Body Wash/Shampoo <input type="checkbox"/><br>1 Gallon of Water* <input type="checkbox"/><br>1 Day of Food* <input type="checkbox"/>   | Roll of Toilet Paper* <input type="checkbox"/><br>Personal Hygiene Wipes <input type="checkbox"/>   |
| <b>Week 7</b>  | Water Purification System <input type="checkbox"/><br>1 Gallon of Water* <input type="checkbox"/><br>1 Day of Food* <input type="checkbox"/>                                     | Feminine Products (If Needed) <input type="checkbox"/><br>Baby Care Items (If Needed) <input type="checkbox"/>                                  |
| <b>Week 8</b>  | Weather Radio (battery/crank powered) <input type="checkbox"/><br>Extra Eye Glasses/Contacts <input type="checkbox"/><br>Other Food Items <input type="checkbox"/>               | Extra Blankets <input type="checkbox"/><br>Extra Clothes <input type="checkbox"/>   |
| <b>Week 9</b>  | Cooking System (For outdoor use only) <input type="checkbox"/><br>Dust Mask* <input type="checkbox"/><br>Additional Special Needs Items (Inhaler, etc.) <input type="checkbox"/> | Bucket w/lid (Emergency Toilet) <input type="checkbox"/><br>Sewing Kit <input type="checkbox"/>   |
| <b>Week 10</b> | Indoor Heating System <input type="checkbox"/><br>Compass/GPS <input type="checkbox"/><br>Extra Batteries <input type="checkbox"/>   | Sunscreen <input type="checkbox"/><br>Whistle <input type="checkbox"/>  |
| <b>Week 11</b> | Emergency Tools (Wrench, Pry Bar, etc.) <input type="checkbox"/><br>Pet Food <input type="checkbox"/>  | Toys/Books for Kids (If Needed) <input type="checkbox"/><br>Other Personal Comfort Items <input type="checkbox"/>                               |
| <b>Week 12</b> | Generator (If Affordable) <input type="checkbox"/><br>Other Food Items <input type="checkbox"/>  | Pet Supplies (Leash, ID, etc.) <input type="checkbox"/><br>Bug Spray <input type="checkbox"/>   |

\* Per Person

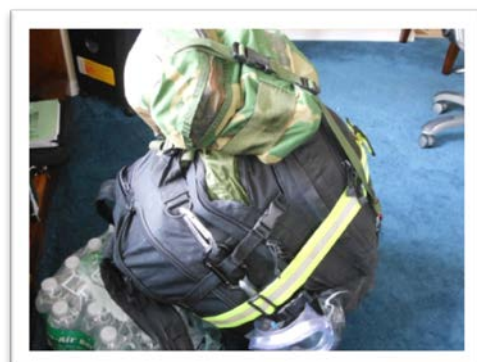
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DISASTER PREPAREDNESS ON THE LAST FRONTIER

State of  
**Alaska**  
Department of Military & Veterans Affairs  
Division of Homeland Security & Emergency Management



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*Alaska Division of Homeland Security  
& Emergency Management*

*P.O. Box 5750  
Building 49000, Suite B-210  
JBER, Alaska  
99505-5750*

*1-907-428-7000  
1-800-478-2337*

*[www.ready.alaska.gov](http://www.ready.alaska.gov)*