

Home Disaster Supplies Kit

What should be in my family's kit and where should it be?

Your disaster supplies kit should contain essential food, water, and supplies for at least three days.

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.

Additionally, you may want to consider having supplies for sheltering for up to two weeks.

Food

- Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.
- Stock canned foods, dry mixes, and other staples that do not require refrigeration, cooking, water, or special preparation. You may already have many of these on hand. (Note: be sure to include a manual can opener.)
- Include special dietary needs.

Basic Disaster Supplies Kit

- Three-day supply of non-perishable food.
- Three-day supply of water—one gallon per person, per day.
- Portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries
- First aid kit and manual.
- Sanitation and hygiene items (moist towelettes and toilet paper).
- Matches and waterproof container.
- Whistle.
- Extra clothing.
- Kitchen accessories and cooking utensils, including a can opener.
- Photocopies of credit and identification cards.
- Cash and coins.
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries.
- Items for infants, such as formula, diapers, bottles and pacifiers.
- Personal hygiene items.
- Other items to meet your unique family needs.



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Please contact us with any questions regarding preparing your family for an emergency.

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Source: Federal Emergency Management Agency. "Are You Ready?: Assemble a Disaster Supplies Kit".
http://fema.gov/areyouready/assemble_disaster_supplies_kit.shtm