| **Home with solid fill** | | **DISASTER SUPPLIES KIT** |
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| *Store these items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers like plastic bins or a duffle bag.* | | |
|  | Water, at least one gallon per person, per day, for several days, for drinking and sanitation | |
|  | Food, at least several days supply of non-perishable food | |
|  | Manual can opener | |
|  | Battery-powered or hand crank radio | |
|  | Flashlight | |
|  | First Aid Kit | |
|  | Extra batteries | |
|  | Whistle, to signal for help | |
|  | Dust masks, to filter contaminated air | |
|  | Plastic sheeting and duct tape, to shelter-in-place | |
|  | Moist towelettes, hand sanitizer, and trash bags, for personal sanitation | |
|  | Soap or liquid detergent | |
|  | Insect repellent and sunscreen | |
|  | Wrench or pliers, to turn off utilities | |
|  | Multi-purpose tool that includes a knife | |
|  | Local maps | |
|  | Work gloves | |
|  | Rain gear and umbrella | |
|  | Blankets or sleeping bags and towels | |
|  | Chargers and back-up batteries for cell phones | |
|  | Prescription and non-prescription medications, including pain reliever, EpiPen, and inhaler | |
|  | Eyeglasses, sunglasses, and contact lens supplies | |
|  | Cash or traveler’s checks | |
|  | Important documents including insurance cards, IDs, and bank account records | |
|  | Emergency phone numbers and contact information written down | |
|  | Climate-appropriate change of clothes including hat and sturdy shoes | |
|  | Fire extinguisher | |
|  | Matches in a waterproof container | |
|  | Personal hygiene items including toothbrushes, menstrual products, and personal care items | |
|  | Disposable or non-breakable dishes and cutlery | |
|  | Paper towels or rags | |
|  | Notepad, pens, pencil | |
|  | Extra set of car and house keys | |
|  | Books, games, and puzzles | |
|  | Baby supplies including formula, bottles, diapers, wipes, and rash cream | |
|  | Pet food and supplies including extra water | |
| *Add additional items here:* | | |
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| **Fork and knife with solid fill** | | **EMERGENCY FOOD SUPPLY** |
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| *Store at least a several-day supply of non-perishable food. Choose foods your family will eat and remember any special dietary needs including food allergies.* | | |
|  | Water, at least one gallon per person, per day, for several days, for drinking and sanitation | |
|  | Ready-to-eat canned meats, fruits, vegetables, and beans | |
|  | Manual can opener | |
|  | Read-to-eat pre-packaged and pouch meals | |
|  | Protein or granola bars | |
|  | Dry cereal or granola | |
|  | Peanut butter | |
|  | Dried fruit, nuts, and trail mix | |
|  | Canned juices | |
|  | Non-perishable or shelf stable milk | |
|  | High-energy foods | |
|  | Comfort foods | |
|  | Condiments including salt, pepper, and hot sauce | |
|  | Baby food and supplies, if needed | |
|  | Pet food and supplies including extra water | |
| *Add additional items here:* | | |
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| **Briefcase with solid fill** | | **EMERGENCY SHELTER-AT-WORK KIT** |
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| *Be prepared in case you need to shelter at your workplace for at least 24 hours with some emergency items stored in a “grab and go” case that you keep at work or in your car.* | | |
|  | Bottled water or other beverages | |
|  | Ready-to-eat foods like protein bars, crackers, peanut butter, or pre-packaged meals | |
|  | Condiments including salt, pepper, and hot sauce | |
|  | Flashlight | |
|  | Dust mask, to filter contaminated air | |
|  | Moist towelettes or wet wipes and hand sanitizer | |
|  | Charger and back-up battery for cell phone | |
|  | Prescription and non-prescription medications, clearly labeled | |
|  | Change of clothes and comfortable shoes | |
|  | Rain gear and umbrella | |
|  | Personal hygiene items including toothbrush, toothpaste, deodorant, and menstrual products | |
|  | Blanket | |
|  | Cash | |
|  | Deck of cards and a book | |
| *Add additional items here:* | | |
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| **Car with solid fill** | | **EMERGENCY KIT FOR THE CAR** |
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| *Some items may need to be kept in the car in an easy to reach place, but most items can be stored in a duffle bag or kit that is stored in the truck.* | | |
|  | Car escape tool that includes a seat belt cutter and window breaker | |
|  | Jumper cables | |
|  | Flat tire inflation canister | |
|  | Flares or reflective triangle | |
|  | Cell phone charger | |
|  | Blanket | |
|  | Local maps | |
|  | Notepad and pen | |
|  | Small tool kit or a multi-purpose tool that includes a knife | |
|  | Small foldable shovel | |
|  | Flashlight and extra batteries | |
|  | Compass | |
|  | First Aid Kit | |
|  | Non-perishable, high-energy foods, like nuts, dried fruit, and protein bars | |
|  | Drinking water | |
|  | Prescription and non-prescription medications, including pain reliever, EpiPen, and inhaler | |
|  | Reflective vest, in case you need to walk to get help | |
|  | Fire extinguisher | |
|  | Duct tape | |
|  | Paper towels or rags | |
|  | Rain poncho and umbrella | |
|  | Cold weather: snow brush, ice scraper, warm clothing, extra blankets, cat litter for traction | |
|  | Emergency phone numbers and contact information written down | |
|  | Auto insurance policy information including contact number | |
|  | Towing or roadside assistance contact number | |
| *Add additional items here:* | | |
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**Maintaining Your Emergency Kits**

After assembling your kit remember to maintain it so they are ready in an emergency.

* Keep canned food in a cool, dry place.
* Store boxed food in tightly closed plastic or metal containers.
* Replace expired items as needed.
* Re-think your needs every year and update your kits as your family’s needs change.

**Establish a Communication Plan**

Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area.

* Plan ahead of time how you’ll contact one another and reconnect if separated.
* Establish a family meeting place that’s familiar and easy to find.