

The emergency preparedness kits are designed to be the basis for some of the supplies that may be needed to have available when an emergency or disaster happens. While the materials included in the kits are a good start, there is no kit that can provide all the supplies that individuals may need in an emergency. Your kit should be customized based on your own personal needs. Additional contents could include:

### Clothing and Bedding

- At least one complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear

### Tools and Supplies

- Flashlight and extra batteries
- Mess kit, or paper cups, plates and plastic utensils
- Cash, traveler's checks, change
- Non-electric can open, utility knife
- Tent
- Pliers
- Tape
- Matches in waterproof container
- Aluminum foil
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, (to turn off household gas and water)
- Plastic sheeting
- Map of area
- Battery operated radio and extra batteries
- Whistle
- Plastic storage containers

### Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Plastic garbage bags, ties
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Hand sanitizer

### Water

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation) **Note:** Hot environments and intense physical activity can dramatically increase the amount of water that a person needs to drink.

### Food

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- High energy foods-peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Comfort/stress foods- Cookies, hard candy, sweetened cereals, instant coffee, tea bags

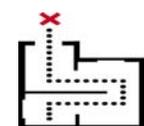
### Special Items

- Medications (both prescription and non-prescription) that you take, including pain relievers, stomach remedies, etc. (Ask your physician or pharmacist about storing prescription medications)
- Extra eyeglasses
- Important family documents (in a waterproof, portable container)
  - Will, insurance policies, contracts, deeds, stocks and bonds
  - Passports, social security cards, immunization records
  - Bank account numbers
  - Credit card account numbers and companies
  - Inventory of valuable household goods, important telephone numbers
  - Family records (birth, marriage, death certificates)
- Entertainment- games and books
- Supplies for persons with special needs, such as infant, elderly or disabled persons
- Family or workplace disaster plan

Rethink your kit and individual needs at least once a year. Replace batteries, update clothes, etc.

For more information about disaster Preparedness please visit the American Red Cross website at:

<http://www.redcross.org/services/disaster/beprepared>



MAKE A PLAN



BUILD A KIT



GET TRAINED



VOLUNTEER



GIVE BLOOD