



# Emergency Supply Kits

## Basic Supply List for the Home:

- Emergency water (1 gallon per person per day)
- First aid kit, including exam gloves
- First aid book or manual
- Canned or dried food, or emergency MRE's (Meals Ready to Eat)
- Can opener, non-electric
- Camping stove with gas canisters
- Flashlights & camping lanterns (with spare bulbs & batteries)
- Portable radio (with batteries, solar power or hand crank)
- List of emergency telephone numbers
- Tool kit, including a pry bar
- Multi-tool or wrench for utility shutoff
- Fire extinguishers (A-B-C type)
- Extra prescription medications
- Pet food and medications
- Extra blankets or sleeping bags
- Camping toilet or plastic bags for human waste



In case of an emergency or disaster you are likely to be on your own for a period of time before government agencies arrive to assist. It is a very good idea to have basic supplies handy to last your family 7-10 days. In the event you must evacuate your home, have a Grab & Go Kit packed, and also keep some emergency supplies stored in your car.

## Grab & Go Kit Contents:

- Clean clothes for 3 days
- Toiletry kit, including a small sewing kit and sanitary napkins
- Spare glasses, medications and other personal necessities
- Pet food, bowls and necessities for 3 days
- Small first aid kit including ibuprofen, acetaminophen or similar
- Multi-tool (Leatherman) or Swiss Army knife
- Leather gloves
- Particle/dust mask rated N-95 or better
- Goggles for eye protection
- Flashlight and spare batteries
- Emergency blanket (foil blanket)
- Bottled water
- Hi-protein food bars
- Spare cash (small bills)
- Fireproof box containing important personal & home documents
- List of emergency telephone numbers
- Duct tape

## Notes about your supply kits:

- Your supply kit(s) can be a duffel bag, backpack, suitcase or box
- Your kit(s) should be easy to carry and as lightweight as possible
- Consider a small case with wheels
- Arrange contents so that desired items can be found quickly without having to unpack the entire container
- Everything should be packed so that unused portions do not become dirty
- Make sure to also have an emergency kit in the car

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