Disaster Supply Kit

A disaster supplies kit is a collection of basic items your household may need during an emergency. Look at the basic items and consider what unique needs your family might have. After an emergency, you may need to survive for several days. Being prepared means having your own food, water, and other supplies to last for at least 72 hours.

Recommended Basic Items

- Water (Minimum, 3 gallons for each person)
- Food (Minimum, 3-day supply of food that doesn't require refrigeration for each person)
- Manual can opener
- Radio (Battery or hand-crank-powered)
- Flashlight
- Extra batteries for:
  - Flashlight
  - Radio
  - Medical equipment
  - Other electronically powered items in the kit
- Cell phone and cell phone charger
- Personal sanitation
  - Baby wipes
  - Garbage bags
  - Hand sanitizer
  - Facemasks
- Hand tools
  - Pliers
  - Screwdrivers
  - Zip ties
  - Duct tape
  - Eyeglass repair kit
- A communication device and a plug to recharge
- Pet food and extra water
  - Water and food bowls
  - A carrier or cage, and a leash
- Medical supplies
  - Prescription Medications
  - Non-prescription medications, such as pain relievers, anti-diarrhea medication, antacids, or laxatives.
  - Medical alert bracelet or tag
  - First aid kit
    - Band-aids/bandages
    - Antiseptic ointment
    - Thermometer
  - Comfort and sensory items
    - Noise-canceling headphones
    - Fidget toys
    - Other sensory assistance items
  - Copy of insurance card
  - List of known allergies

Recommended Basic Items *(cont.)*

- Blanket, comforter, or sleeping bag
- Pillows
- Complete change of clothing
  - Underwear
  - Pants and a shirt
  - Socks
  - Pajamas
- Whistle
- Extra changes of clothes for all seasons
- Pair of sturdy shoes
- Shower shoes and personal hygiene items
  - Toothbrush and toothpaste
  - Comb or brush
  - Deodorant
  - Soap
  - Shampoo
  - Washcloth and Towels
  - Feminine Supplies
- Local maps (Pre-mark important locations and travel routes)
- Emergency contact information
- An identification card or Driver's License
- Names and numbers of your doctors
- Name and number of where you get your medications

Encouraged Additional Items

- Cash
- Copy of ID
- Emergency reference guides
- Multitool or pocket-knife
- Ziplock bags
- Camp stove
  - Fuel
  - Lighter
  - Matches in a waterproof container
- Camp cookware set
- Camp utensil set/ plastic silverware
- Sheets and twine or a small pop-up tent (to decrease visual stimulation in a busy room or to provide instant privacy).
- Laminated cards with phrases, pictures, or pictograms, in case your communication device is not working.
- Fire extinguisher
- Paper and pencil
- Books, puzzles, board games
- Handheld electronic devices(loaded with movies and games,) etc. for entertainment.

Practice Your Plan

Start a family discussion by visiting the ready.gov website and walking through the tools and kids' games provided https://www.ready.gov/plan and https://www.ready.gov/kids