

**EMERGENCY / DISASTER KIT – ADJUST FOR NUMBER IN HOUSEHOLD
ADD ITEMS AS NEEDED FOR PETS AND OTHER UNIQUE REQUIREMENTS.
STAY CALM, MAKE SURE YOU DO EVERYTHING YOU CAN TO PROVIDE
SELF HELP.**

- 1. First aid kit (first aid books, insect repellent)
- 2. Flashlight or headlamp
- 3. Spare batteries and bulbs (for flashlights, headlamps and radios)
- 4. Butane or propane stoves for outdoor cooking
- 5. Food (energy food bars and dehydrated food)
- 6. Cook set & Utensils
- 7. Extra clothes per person (shirt, jacket, pants, socks, hat, shoes)
- 8. Water purification (chemical or filter)
- 9. Extra cash, important papers in a waterproof pouch
- 10. Extra water (2 - 4 qts. per person per day)
- 11. Medicines (prescriptions, sunscreen, extra glasses)
- 12. Waterproof matches/ lighter (zip lock baggies)
- 13. Multi-Tool/knife
- 14. A game, cards, reading material
- 15. Battery operated portable radio
- 16. Sewing kit & Duct Tape
- 17. Adjustable wrench (for turning off water and gas)
- 18. Candle lantern and candles
- 19. Whistle to signal for help
- 20. Emergency phone numbers
- 21. Toiletries
- 22. Sleeping bags and pads/ space blankets
- 23. Shelter (tent or tarp)
- 24. Paper & pencil
- 25. Garbage bag

Store everything in a large duffle bag, backpack or container. Everyone in your household should know where it is kept—Remember to keep it in a handy place.