

Emergency Kit List

Here are recommended Emergency Kit items. Try to have at least **3** days of water, food, and clothing for each person. When you put something in the kit, make sure to check it off on the list! Check out each to find an Expert Level Planner tip!

1 gallon of water per person per day



Non-perishable Foods



If cans don't have pull tops, pack a can opener

Extra Clothes and Shoes

Switch outfits for summer and winter! This will also help make sure the clothes still fit you!



Battery Powered Radio

Some radios can be solar or hand-crank powered too!



Hygiene Items



If you pack baby wipes, you can wash up without needing any water!

Flashlight and Extra Batteries

Flashlights are much safer than candles!



First Aid Kit



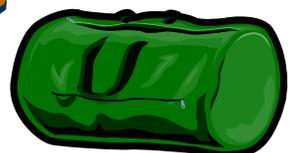
Family Emergency Preparedness Plan and other family-specific needs

Comfort and Activity Items

Pack something that will make you feel better if you get scared. Don't pack anything that needs electricity.



And something to put it all in...!



Don't forget to Check Your Stocks when you Set Your Clocks! Daylight Savings Time is a great time to check expiration dates and batteries.

Terms You Should Know

Disaster- An emergency situation where a community's needs are greater than the resources available. As a result, families must take care of themselves until more help and resources can be brought in from elsewhere.

Evacuation- When an approaching danger or an emergency requires that you leave your home immediately. This could be due to a natural disaster such as a flood or a man-made disaster such as an industrial chemical spill.

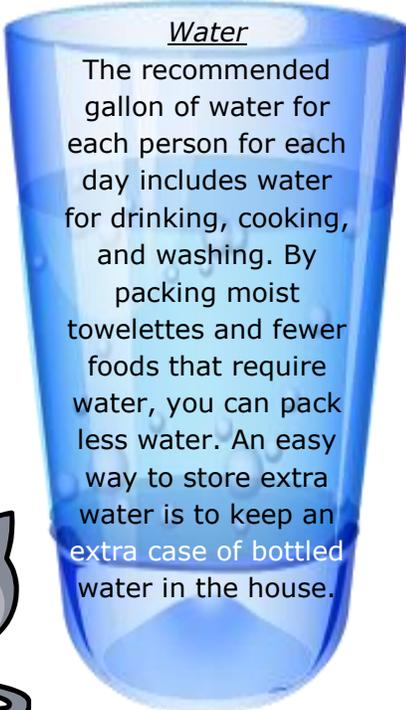
Shelter-In-Place- When people are required to stay indoors and seal the doors and windows against harmful outdoor air. An example of this is an accidental biological, radiological, or chemical spill. The list of resources in this packet will direct you to sites that provide instructions on how to shelter in place.

Non-Perishable- Food that does not need to be refrigerated or frozen. For your kit, you should add foods that are also "*Shelf-Stable*," which means they are good for at least a year. That way you only have to check your kit once or twice a year. Pack foods that your family enjoys. If you won't normally eat anchovies, you won't want to eat them during an emergency either! Also, consider whether you can eat those foods if you couldn't heat them in a microwave or oven.

Here are some helpful hints.



Kits on a budget
Go on a scavenger hunt in your house to find items you may already have! Visit do1thing.com for tips on how to spread out the costs of what you decide to buy.

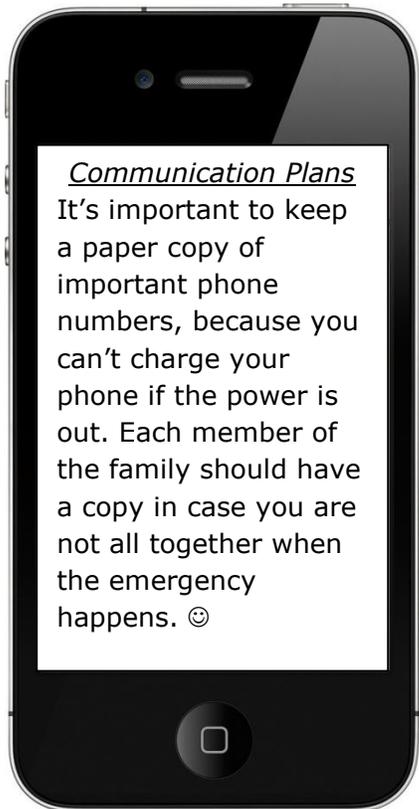


Water

The recommended gallon of water for each person for each day includes water for drinking, cooking, and washing. By packing moist towelettes and fewer foods that require water, you can pack less water. An easy way to store extra water is to keep an extra case of bottled water in the house.

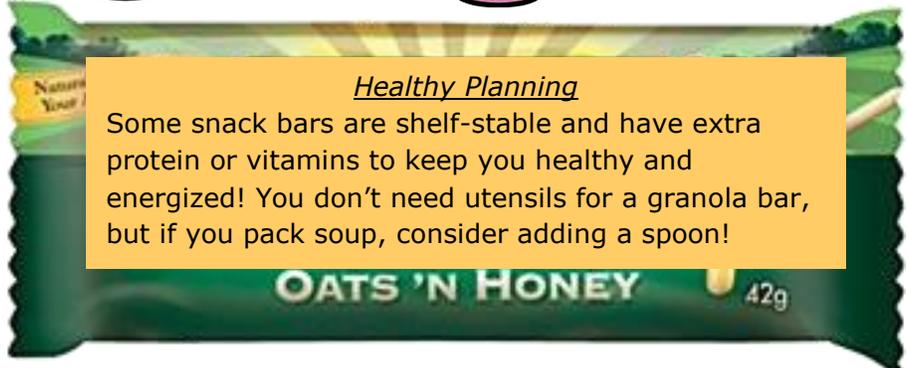


Pets
Be sure to make a plan for those extra members of your family, and pack a kit for them as well.



Communication Plans

It's important to keep a paper copy of important phone numbers, because you can't charge your phone if the power is out. Each member of the family should have a copy in case you are not all together when the emergency happens. ☺



Healthy Planning

Some snack bars are shelf-stable and have extra protein or vitamins to keep you healthy and energized! You don't need utensils for a granola bar, but if you pack soup, consider adding a spoon!