

What should be included in an emergency supply kit?

In a basic emergency supply kit for the home, car or workplace, the following items are recommended:

- One gallon of fluids such as water, canned juices, sports drinks, etc. per person per day, for three days – remember to include enough for your pets, too
- At least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water and choose foods your family will eat: ready-to-eat canned meats, peanut butter, protein or fruit bars, dry cereal or granola. Also pack a manual can opener and eating utensils
- Nonprescription drugs such as aspirin or nonaspirin pain reliever, diarrhea medication, antacid, vitamins
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps

Individual should also think about the special needs of family members:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food, extra water for your pet, leash and collar
- Important family documents such as copies of insurance policies, marriage license, house mortgage, wills, identification and bank account records in a waterproof, portable container
- Books, games, puzzles or other activities for children