

Prepare an All-Hazards Supply Kit for Emergencies

Get a Kit

Having a basic survival kit on-hand to sustain yourself and your family after an emergency is an essential part of preparation.

Think first about basic survival needs: fresh water, food, clean air and warmth. Store your supplies in a portable container as close as possible to an exit and review the contents of your kit at least once a year.

Include in your kit:

- 3-day supply of water: 1 gallon per person per day but you may need more; consult with your doctor
- 3-day supply of non-perishable food that meets your dietary requirements
- Manual can opener or pop top cans/containers and eating utensils
- Medical equipment and assistive devices
- Medications and a list of prescription name, dosage, frequency, and doctor contact information
- Cooler with an ice pack if medications need to be refrigerated
- Medical alert tags or bracelets to identify your disability-related need
- Flashlight
- Portable, battery-powered radio (preferably NOAA Weather Radio)
- Supplies for a service animal or pets including 3-day supply of food and water, ID tags, proof of vaccinations, and your Vet. contact information
- Extra batteries
- Basic first aid kit and manual
- Warm clothing and blankets depending on the time of year
- Whistle
- Filter face masks (Dust Mask)

- List of emergency contact information
- Photocopies of important documents (birth certificate, license, insurances information, etc.)
- Cash and coins (cash dispensing machines may not work due to electricity or there is no cash available)
- Sanitation and hygiene items (hand sanitizer, denture care, moist towelettes, absorbent pads, toilet paper, feminine hygiene products, etc.)
- Household chlorine bleach and medicine dropper: 9 parts water to 1 part bleach can be used as a disinfectant, 16 drops of bleach to 1 gallon of water can be used to treat water in an emergency (do not use scented, color safe, or bleaches with added cleaners)
- Items for infants (formula, diapers, bottles, and pacifiers) if applicable

This supply kit is a good start, but depending on your situation, you may need more or less items to survive after an emergency. Another good idea is to use a suitcase with rollers to make it easier on yourself and your family. Also if you don't feel like shopping for these items separately, you can purchase them online or at stores in your area.

Finally, you do need to understand that emergency responders may not be able to get to you right away and having a kit will help you until you are rescued after a disaster.

Hopefully you will not have to ever use the kit, but are you willing to take this risk?