

Let's Pack an Emergency Kit

Create a family emergency kit. Use this checklist to think about what you might need in case of an emergency. As you add items to your kit, check them off the list. **Remember to review your kit's contents regularly** (for instance, whenever you check your smoke alarms) to make sure items are up to date.

Recommended Items:

- 2 COPIES OF YOUR FAMILY EMERGENCY PLAN
- \$20 MINIMUM CASH AND COINS
- EXTRA COPIES OF FAMILY HEALTH RECORDS, LIST OF PRESCRIPTIONS WITH DOSAGES, AND INSURANCE PAPERS
- FIRST-AID KIT AND PRESCRIPTION MEDICATIONS
- 3-DAY SUPPLY OF WATER (1 GALLON OF WATER PER PERSON PER DAY)
- 3-DAY SUPPLY OF CANNED AND DRY FOOD, AND A MANUAL CAN OPENER
- BATTERY-POWERED OR HAND-CRANKED RADIO
- MOBILE PHONE AND CHARGERS FOR CAR AND HOME
- FLASHLIGHT AND EXTRA BATTERIES
- TOOLS (WRENCH OR PLIERS) TO TURN OFF UTILITIES
- ITEMS FOR THE ELDERLY OR SPECIAL-NEEDS FAMILY MEMBERS
- PET SUPPLIES
- SPARE SET OF CAR AND HOUSE KEYS
- BLANKETS OR SLEEPING BAGS
- PAPER CUPS AND PLATES, AND PLASTIC UTENSILS

- PLASTIC TRASH BAGS
- MOIST TOWELETTES AND OTHER HYGIENE SUPPLIES
- CHANGE OF CLOTHING, RAIN GEAR, AND STURDY SHOES FOR EACH FAMILY MEMBER
- SUNSCREEN AND INSECT REPELLENT

Important Items for Children:

- 1 COMFORT ITEM PER CHILD (A TEDDY BEAR OR OTHER TOY)
Ask what your child would like to include, such as a doll that's not often used.
- ITEMS FOR CHILDREN (PAPER, CRAYONS, BOOKS, AND TRAVEL-SIZE GAMES)
- SMALL TOYS, NONPERISHABLE SNACKS, AND DIAPERS FOR INFANTS OR TODDLERS

AND REMEMBER...

- » Keep your kit handy.
- » Keep items in airtight plastic bags.
- » Refill your kit with fresh water, batteries, and right-size clothes every 6 months.
- » Don't forget to keep emergency supplies in your car and at work!

