

Build An Emergency Kit from Ready.gov

Plan – Prepare - Pack

After an emergency, you may need to survive for several days. Being prepared means having enough food, water, and other supplies to last for several days. A disaster supplies kit is a collection of essential items your household may need in an emergency.

Ensure your emergency kit is stocked with the items on the checklist below. Download a printable version to take with you to the store. Once you have reviewed the essential items, consider what unique needs your family might have, such as supplies for pets or seniors.



Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

1. Water (one gallon per person per day for several days, for drinking and sanitation) 3 to 5 days
2. Food (at least a several-day supply of non-perishable food) 3 to 5 days
 - Consider the following things when putting together your emergency food supplies:
 - Store at least a several-day supply of non-perishable food.
 - Choose foods your family will eat.
 - Remember any special dietary needs.
 - 1) Ready-to-eat canned meats, fruits, vegetables and a can opener
 - 2) Protein or fruit bars
 - 3) Dry cereal or granola
 - 4) Peanut butter
 - 5) Dried fruit
 - 6) Canned juices
 - 7) Non-perishable pasteurized milk
 - 8) High-energy foods
 - 9) Food for infants
 - 10) Comfort/stress foods
3. Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
4. Flashlight
5. First aid kit
6. Extra batteries
7. Whistle (to signal for help)
8. Dust mask (to help filter contaminated air)

9. Plastic sheeting, scissors and duct tape (to shelter in place)
10. Moist towelettes, garbage bags and plastic ties (for personal sanitation)
11. Wrench or pliers (to turn off utilities)
12. Manual can opener (for food)
13. Local maps (cell towers maybe down so GPS may not work)
14. Cell phone with chargers and a backup battery
15. Soap, hand sanitizer and disinfecting wipes to disinfect surfaces
16. Prescription medications. About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency. 7 to 10 days
17. Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
18. Prescription eyeglasses and/or contact lens solution
19. Infant formula, bottles, diapers, wipes and diaper rash cream
20. Pet food and extra water for your pet
21. Cash or traveler's checks
22. Important family documents such as copies of insurance policies, identification and bank account records take a photo and save to the cloud or jump drive or in a waterproof, portable container. Don't forget the deed to your house or lease agreements for apartments.
23. Sleeping bag or warm blanket for each person
24. Complete change of clothing appropriate for your climate and sturdy shoes 3 to 5 days of underwear
25. Fire extinguisher
26. Matches in a waterproof container
27. Feminine supplies and personal hygiene items
28. Mess kits, paper cups, plates, paper towels and plastic utensils
29. Paper and pencil
30. Books, games, puzzles or other activities for children/adults

While it is important to have these supplies at home, you should also consider having a smaller emergency kit stored in your car or ready to grab if you are evacuated from your home and need to leave quickly.

Once you have your kit built, be sure to maintain it by replacing expired items and, each year, reevaluating your needs.