

Build a Kit with Everyone in Mind

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

This week's theme for National Preparedness Month is Build a Kit.

After an emergency, you may need to rely on yourself and your household or community for several days. It's important to have supplies set aside and ready to use, including water, non-perishable food, medications, first aid kit, copies of important paperwork, and additional items.



When building a kit, make sure to have one wherever you spend much of the time (e.g. home, work, car). Don't forget to consider the unique needs each person or pet may have, such as medications or medical equipment, in case you have to evacuate quickly.

Basic Disaster Supplies Kit

A basic emergency supplies kit could include the following items:

- Water
- Food
- Battery-powered or hand crank radio
- Flashlight
- Extra batteries
- Whistle
- Dust or N-95 mask
- Plastic sheeting and duct tape
- Moist towelettes, garbage bags, and plastic ties
- Wrench or pliers
- Local maps
- Cell phone with chargers and a backup battery

Visit [Ready.gov](https://www.ready.gov) for a complete list of recommended emergency supplies.

Remember to start with what you have and add over time. Washington Emergent Management Division makes it easy with their [Prepare in a Year](#) resources. Use this guide to take a step each month for the next 12 months. Utilize



the attached 'Preparedness Kit Scorecard'. Share with your networks to #PrepareTogether and encourage friendly preparedness competition!

Share Your Preparedness Stories

Share your preparedness activities with the FEMA Region 10 Individual and Community Preparedness (ICP) team. They want to highlight your efforts. Connect with the ICP team at FEMA-R10-Communityprep@fema.dhs.gov. Use the #PrepareTogether tag when sharing activities on social media.

Contact Us

If you have any questions, please contact FEMA Region 10 Office of External Affairs:

- News Desk at (425) 487-4610 or FEMA-R10-NewsDesk@fema.dhs.gov
- Congressional Affairs at FEMA-R10-CongQ@fema.dhs.gov
- Tribal Affairs at FEMA-R10-Tribal@fema.dhs.gov
- Private Sector at FEMA-R10-CommunityPartners@fema.dhs.gov

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Follow the FEMA Region 10 #PrepareTogether campaign on [Twitter](#) and [LinkedIn](#) and visit [FEMA.gov](https://www.fema.gov) for more information.

FEMA Mission

Helping people before, during, and after disasters.