MONTHLY PREPAREDNESS TOPIC

HOW TO PREPARE:

ITEM	SUGGESTION
Kit Container	Day pack / Backpack
Food	Energy Bars (enough for 3 meals)
Water	2 liters Drinking Straw Filter
Shelter	Rain Poncho Hand warmers
Light	Small Flashlight Extra Batteries Light Sticks
Communication	Cell Phone Portable charger Small portable radio
First Aid Kit	Personal Size
Sanitation items	Hand Sanitizer
Documents	Emergency contact info Personal identification
Prescriptions / Medications	24-hour supply
Comfort items	Candy, gum
Pets	Food and Water
Bedding / Warmth	Emergency space blanket
Tools	Small Knife Ziploc bags Waterproof matches Survival whistle Nylon cord – 50 feet Compass

PREPAREDNESS KITS

MODULAR KITS

The modular concept allows you to develop small kits and not repeat items. Develop a personal 24-hour kit and then develop a 72-hour kit by adding more items to an additional container that you can store in your vehicle or home to grab in an evacuation. Develop a third kit that is a 3-7 day kit to keep in your home in case of an extended emergency situation.

ITEM	24-Hour	72-Hour (Vehicle)	7-day (Home)
Kit Container	Backpack	Tote or rolling Duffel	Multiple totes, buckets, or containers
Food	Energy Bars (3 meals)	Canned Food, Foil-packaged items (9 meals)	Can Opener, non-perishable food, juice, utensils
Water	2 liters Drinking Straw filters	6 liters	1 gallon per day, per person purification tablets, or household bleach.

The kit you create should be unique and should reflect your own personal needs. You should know how to use everything in your kit and avoid the addition of items that could ruin or contaminate your kit, such as chemicals and toxic or flammable items.

GIVE THE GIFT OF PREPAREDNESS

Help someone start their lifelong preparedness with a Preparedness Kit gift! Purchase the container (usually a backpack or rolling bag) and add one or two items to give the kit a start. Add the preparedness list included to the left and talk to them about the importance of preparedness!

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