

# Family Emergency Preparedness Kit



Consider the following items as part of your Family Emergency Preparedness Kit. Think about what critical things you need if you are confined to your home or if you need to quickly evacuate.

## Water

Store a three-day supply of water per person.

- One gallon of water per person per day

## Food

Store a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno.

- Ready-to-eat canned meats, fruits, and vegetables
- Canned/Boxed juices
- High energy foods/Protein bars
- Vitamins
- Food for infants
- Comfort/stress foods
- Pet food

## First Aid Kit

Assemble a first aid kit for your home and one for each car.

- Adhesive bandages, various sizes
- Conforming roller gauze bandage
- Sterile gauze pads
- Antiseptic wipes
- Large medical grade non-latex gloves
- 2" Adhesive tape
- Anti-bacterial ointment
- Cold pack
- Scissors, Tweezers
- CPR breathing barrier, such as a face shield
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)

## Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils
- Can opener
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Multi-tool/Utility knife
- Pliers, Screwdriver, Wrench

- Duct Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Paper, pencil
- Needles, thread
- Whistle
- Tarp
- Rope
- Work Gloves
- Games (cards) and books

## Sanitation

- Toilet paper, Baby wipes
- Alcohol based hand sanitizer
- Personal hygiene items
- Plastic garbage bags, Ziplocs
- Disinfectant or chlorine bleach

## Copies of Important Family Documents

Keep records in a waterproof bag or container:

- Copy of Family Emergency Plan
- Copies of Wills, Property titles, Insurance documents
- Bank account and credit card information
- Inventory and photos of valuable household items

## Special Items

Remember family members with special requirements, such as infants and elderly or disabled persons.

## Preparing and Maintaining your Kit

- Keep the items that you would most likely need during an evacuation in an easy to carry container.
- Store your kit in a convenient place known to all family members. Keep a smaller version of the kit in the trunk of your car.
- Replace your food, water & batteries every six months.
- Re-think your kit and family needs at least once a year.