



## Creating a Disaster Preparedness Kit

Deciding what to pack in an emergency kit can be a big task. Depending on the needs of your family and the natural disasters you could encounter, there are several things to keep in mind as you plan. Use the list below as a guide when creating a disaster preparedness kit for your family. The list includes common suggestions based on industry recommendations. You should customize your kit based on the needs of your family and the storage space you have in your home. For example, if you have a basement or storage shelter, your kit could contain many of the items on the list. However, if your kit must fit in a coat closet or pantry, you might include only the items most essential for your needs.

### Storage Suggestions

How to store your emergency kit will depend on what you put in it, as well as how much storage space you have in your home. You may want to consider buying a large plastic tote with an airtight seal to keep out moisture and pests. Store important documents in a fireproof and waterproof container. Also, keep a backpack or two in your emergency kit. If your family needs to leave home quickly, you can take essential items with you. Choose a backpack with sturdy shoulder straps to keep your hands free and allow you to fill it with the items you need most.

### Items to Consider When Creating a Disaster Preparedness Kit

#### *Items Per Person*

- Water (1 gallon per person, per day); three-day supply
- Nonperishable food; three-day supply
- Prescription medication(s); one week supply
- Sleeping bag or blanket
- Change of clothing, including undergarments and socks, sturdy shoes, outerwear, and rain gear

#### General Items

- Weather radio
- Flashlight
- Extra batteries
- Fire extinguisher
- First aid kit and reference book
- Whistle
- Matches and candles
- Manual can opener



## **Special Considerations**

- Infants and Children:
  - Diapers
  - Wipes
  - Formula
  - Bottles
  - Breastfeeding supplies
  - Infant or child dose medications
  - Comfort items (such as a blanket or stuffed toy)
  - Easy activities (such as card games or coloring books)
  
- Aging Family Members and Vulnerable Populations:
  - Backup medical equipment (such as breathing machines or special health needs)
  - Mobility devices (such as for an electric wheelchair)
  - Medical ID bracelet or necklace
  - Medication list
  - Whistle
  
- Animals and Pets:
  - Food
  - Water
  - Medication
  - Leash or other form of containment
  - Veterinarian Records

## **Important Documents to Copy**

- Personal Identification
- Important medical records
- Proof of address
- Deed or lease for home
- Bank account records
- Birth certificates
- Passports
- Emergency contact list

## **References and Resources**

- <https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>
- <https://www.ready.gov/kit>
- <https://www.weather.gov/owlie/emergencysupplieskit>
- <https://www.cdc.gov/disasters/psa/emergency-kit.html>
- <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>
- <https://www.aspc.org/pet-care/general-pet-care/disaster-preparedness>