



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

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Items 1	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	

Gener	al Items (continued)
	Wrench or pliers (to shut off utilities if necessary)
	Phone chargers and portable battery packs
	Nonprescription medications (such as painkillers)
	Duct tape
	Cash
	Disposable tableware (e.g., utensils, plates, bowls, cups)
	Paper towels
	Dust masks, bandanas, or a cotton t-shirt to filter air
	Maps (if cell service, GPS, or Internet signals are down)
	Paper and pencil (for notes or games)
	Bleach, medicine dropper, and measuring spoons or cups for sanitizing
	Tarp or plastic sheeting for emergency shelter from the elements
<u>Other</u>	Helpful Items
	Scissors
	Multipurpose tool
	Spare eyeglasses
	Sunglasses
	Safety glasses
	Spare sets of house and car keys
	Latex, nitrile, or vinyl gloves
	Utility gloves
	Hand and body warmers
	Hat (to provide sun protection) Winter accessories (a.g., tobaggan, claves)
	Winter accessories (e.g., toboggan, gloves)
For Pe	rsonal Hygiene and Needs
	Toilet paper
	Tissues
	Wet wipes or baby wipes
	Hand sanitizer
	Feminine hygiene products
	Plastic grocery and/or garbage bags and ties (to safely dispose of hygiene items)
	Toothbrush and toothpaste
	Soap
님	Small towel and washcloth
	Hair ties Hairbrush
	Dry shampoo Sunblock
	Sundiock

Specia	d 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
Impor	tant 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
Refere	ences and Resources
• hi	ttps://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html ttps://www.ready.gov/kit ttps://www.weather.gov/owlie/emergencysupplieskit ttps://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.aspca.org/pet-care/general-pet-care/disaster-preparedness