

Assembling Your Emergency Kit

An emergency kit is designed to provide you and your family with the essentials in the event that you are unable to leave your home, without power, water, electricity, or other necessary services for a few days. Natural disasters can strike suddenly and without much notice, so being as prepared as possible is important. Once this kit has been assembled, be sure to keep it in a portable container(s) near an exit, and update the kit at least once a year.

Every Emergency Kit should include:

- Three-day supply of water, one gallon per person
- At least three-day supply of non-perishable food items, such as dried fruits, granola bars, and canned foods
 - Include a manual can opener
- First Aid Kit, which should include
 - Various sizes of adhesive bandages
 - Antibacterial ointment
 - Antiseptic wipes
 - Thermometer
 - Pain-relieving medicines
 - Scissors
- Garbage bags and moist towelettes for personal sanitation
- Personal hygiene products
- Cell phone charger that can be used in the car
- Battery-powered or hand crank radio to stay updated on the weather or other information regarding the disaster
- Flashlights (one per person)
- Extra batteries
- Cash/coins, preferably in small bills
- Extra set of keys
- Important documents (see [FEMA website](#))
- Any necessary glasses or prescription medications, but be wary of medications that will expire

Inclusions for Cold Power Outages:

- Extra sources of warmth per person, such as heavy blankets or sleeping bags
- Adequate winter clothing
- Extra water in the event of pipes freezing

Inclusions for Extreme Heat:

- Sunscreen (SPF 15 or higher)
- Shade items, such as umbrellas and hats
- Small battery-powered fans

Inclusions for Evacuation:

- Complete change of clothing
- Necessary items for infants/pets
- Any necessary medical items (personal prescriptions, etc.)
- Local maps
- Mess kits, paper cups, plastic utensils, napkins, etc.