

# Your Emergency Supply Kit

## Water

- Store 1 gallon of water per person per day
- Keep at least a three day supply of water

## Food

- Preferably, store foods that can be kept at room temperature and are easy to prepare such as:
  - Canned fish, meats, vegetables, fruits, soups
  - Cereal
  - Peanut butter
  - Dried beans, rice, and pasta
  - Processed cheese
  - Ramen noodles
  - Crackers
  - Dried milk
  - Food for infants or those on special diets
- Try to have a two-week supply of food in your house

*Note: many of these foods can be high in sodium; eat them in moderation*

## First Aid

- Sterile adhesive bandages (such as Band-Aids™)
- Antiseptic lotion
- Pain reliever, stomach remedies, vitamins
- Thermometer
- At least a two-week supply of all your prescription medicines and other medical supplies

## Other Items

- Toilet paper
- Soap
- Waterless hand sanitizer
- Toothpaste, toothbrush, comb, razor
- Feminine hygiene products
- Plastic garbage bags
- Flashlight and batteries
- Portable radio
- Manual can opener
- Pet food
- Utility or pocket knife
- Duct tape
- Waterproof matches
- Diapers
- A backpack or large duffle bag
- A pot, and eating/drinking utensils

## Other Things to Do

- Make a list of all of the people in your house and list:
  - Medical history
  - All medications (by name) and dosages
- Have a phone number of an out-of-state family member to contact during an emergency.