

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.