

As we have seen after recent disasters, it may take several days before professional assistance can get through to you. In the meantime, it is critical that everyone do their part in personal preparedness.

Being ready with a Preparedness Kit – enough for a ***minimum of three days*** – may make a huge difference for yourself and your family.

The following items are suggestions for a starting point for your Preparedness Kit.

Item	Examples / Explanation	Amount
Water	For drinking, food preparation, etc.	1 gallon, per person, per day
Bleach and eyedropper	Water purification; unscented	
Non-perishable foods	<ul style="list-style-type: none"> ✓ Ready-to-eat canned meats, fruits and vegetables ✓ Canned juices, milk, soup ✓ High-energy foods: peanut butter, jelly, crackers, granola, trail mix ✓ Food for infants, elderly, or special diets ✓ Comfort/stress foods: cookies, hard candy, sweetened cereals, instant coffee, tea bags 	
Kitchen Items	<ul style="list-style-type: none"> ✓ Manual can opener ✓ Mess kit or paper cups, plates and plastic utensils ✓ All-purpose knife ✓ Sugar, pepper, salt ✓ Aluminum foil ✓ Plastic wrap ✓ Re-sealing plastic bags ✓ Small cooking stove and appropriate fuel 	
First Aid Kit, General Supplies	<ul style="list-style-type: none"> ✓ First Aid Manual ✓ Sterile adhesive bandages, assorted sizes ✓ 2-inch sterile gauze pads ✓ 4-inch sterile gauze pads ✓ Hypoallergenic adhesive tape ✓ Triangular bandages ✓ Needle ✓ Moistened towlettes ✓ Thermometer ✓ Tongue blades ✓ Petroleum jelly or other lubricant 	<ul style="list-style-type: none"> 4 – 6 4 – 6 3 2

	<ul style="list-style-type: none"> ✓ Safety pins, assorted sizes ✓ Soap / hand sanitizer ✓ Latex or non-latex gloves ✓ Cotton balls ✓ Sun screen ✓ 2-inch sterile roller bandages ✓ 3-inch sterile roller bandages ✓ Scissors ✓ Tweezers 	<p>2 pair</p> <p>3 rolls</p> <p>3 rolls</p>
First Aid Kit, Nonprescription Drugs	<ul style="list-style-type: none"> ✓ Aspirin or non-aspirin pain reliever ✓ Anti-diarrhea medication ✓ Antacid (for upset stomach) ✓ Laxative ✓ Vitamins ✓ Activated charcoal 	Use if advised by Poison Control Center
Tools and Supplies	<ul style="list-style-type: none"> ✓ Emergency preparedness manual ✓ Battery operated radio and batteries ✓ Flashlight and batteries ✓ Extra batteries ✓ Fire extinguisher (ABC type) ✓ Tube tent ✓ Pliers ✓ Duct tape ✓ Compass ✓ Matches in waterproof container ✓ Signal flares ✓ Pencil and paper ✓ Needles and thread ✓ Work gloves ✓ Shutoff wrench ✓ Whistle ✓ Plastic sheeting 	Turn off household gas and water
Sanitation	<ul style="list-style-type: none"> ✓ Toilet paper ✓ Towlettes ✓ Soap / Liquid detergent ✓ Feminine supplies ✓ Plastic garbage bags and ties ✓ Plastic bucket with tight lid ✓ Disinfectant ✓ Bleach 	
Clothing / Bedding	<ul style="list-style-type: none"> ✓ Sturdy shoes / work boots ✓ Rain gear ✓ Blankets / sleeping bags ✓ Hat and gloves ✓ Thermal underwear 	

	<ul style="list-style-type: none"> ✓ Sunglasses 	
Documents and Contact Numbers	<ul style="list-style-type: none"> ✓ Personal identification ✓ Cash ✓ Birth certificate ✓ Marriage certificate ✓ Drivers license ✓ Social security card ✓ Passport ✓ Wills ✓ Deeds ✓ Inventory of household goods ✓ Insurance papers ✓ Immunization records ✓ Bank and credit card account information ✓ Stocks and bonds ✓ Emergency contact list and telephone numbers ✓ Map of the area ✓ Phone numbers of places you could go ✓ Extra set of car and house keys 	Small bills and change; credit card
Special Items for Baby	<ul style="list-style-type: none"> ✓ Formula ✓ Diapers ✓ Bottles ✓ Powdered milk ✓ Medications 	
Special Items for Children	<ul style="list-style-type: none"> ✓ Entertainment items (games, books, crayons and paper) ✓ Comfort items (blanket, toy) ✓ Medications ✓ Family photos ✓ Comfort foods ✓ Extra eye glasses 	
Special Items for Adults	<ul style="list-style-type: none"> ✓ Heart and high blood pressure medications ✓ Insulin ✓ Prescription drugs ✓ Denture needs ✓ Contact lenses and supplies ✓ Extra eye glasses 	