

# Build a Basic Emergency Supply Kit

Stockpile these necessities to help ensure that you and your family have what you need for sheltering in your home during severe weather or a virus outbreak. When a natural disaster occurs, it may take emergency crews several days to respond, so you should plan on being self-sufficient for awhile.

- ☐ **Water:** 1 gallon per day per person (or pet) for hydration and sanitation  
(Buy 3 days' worth for an evacuation and 2 weeks' worth for sheltering at home)
- ☐ **Food:** non-perishable  
(Buy 3 days' worth for evacuation and 2 weeks' worth for sheltering at home)
- ☐ **Radio:** battery-powered or hand-crank, two-way, or a NOAA Weather radio
- ☐ **Flashlight and lantern:** with extra batteries
- ☐ **First aid kit:** stocked with antiseptic, gloves, bandages, antibiotic ointment, hydrocortisone ointment, over-the-counter pain relievers, thermometer, scissors, and tweezers
- ☐ **Whistle**
- ☐ **Dust masks**
- ☐ **Plastic sheets and duct tape**
- ☐ **Moist towelettes, garbage bags, and plastic ties**
- ☐ **Wrench, pliers, or multi-purpose tools**
- ☐ **Road maps of the area**
- ☐ **Manual can opener**
- ☐ **Cell phone:** with charger and backup batteries

## Additional Emergency Supplies to Consider

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|--|--|--|
| <input type="checkbox"/> Masks                                   | <input type="checkbox"/> Work gloves   | <input type="checkbox"/> Matches and lighters  |
| <input type="checkbox"/> Soap                                    | <input type="checkbox"/> Infant supplies like formula, baby food, bottles, diapers, wipes, and diaper cream  | <input type="checkbox"/> Paper plates and cups, plastic utensils, and paper towels for meals |
| <input type="checkbox"/> Hand sanitizer                          | <input type="checkbox"/> Pet supplies like food, water, litter, and medications  | <input type="checkbox"/> Paper and pencil  |
| <input type="checkbox"/> Disinfectant wipes                      | <input type="checkbox"/> Important documents such as photo IDs, Social Security cards, birth records, health insurance, and prescription cards, saved electronically or stored in a waterproof container | <input type="checkbox"/> Activities, like books and puzzles, for children                    |
| <input type="checkbox"/> Liquid bleach                           | <input type="checkbox"/> Sleeping bags or blankets   | <input type="checkbox"/> Car repair items such as a spare tire, tire patch kit, and oil      |
| <input type="checkbox"/> Toothpaste and toothbrushes             | <input type="checkbox"/> Change of clothing and sturdy shoes for each person   | <input type="checkbox"/> Emergency escape ladder   |
| <input type="checkbox"/> Prescription medications (7-day supply) | <input type="checkbox"/> Fire extinguisher   |  |
| <input type="checkbox"/> Glasses and contact lenses              |  |  |
| <input type="checkbox"/> Hearing aids                            |  |  |
| <input type="checkbox"/> Feminine hygiene products               |  |  |
| <input type="checkbox"/> Cash                                    |  |  |