

## BUILD AN EMERGENCY SUPPLY KIT

You will need to periodically go through your emergency supply kits to make sure the items in it are not outdated. *Plan to go through your supply kits at least every six months.*

### AT HOME

- Water** (3-5 day supply for each person)
- Non-perishable food** (3-5 day supply for each person)
- First aid kit**
- Emergency contact information**
- Money**
- Whistle**
- Personal hygiene items** (hand sanitizer/towelettes, toilet paper, feminine hygiene items, etc.)
- Extra clothing and bedding** (including shoes)
- Plates, cups, utensils and a non-electric can opener**
- Battery-operated flashlight**
- Portable, battery-operated radio/weather radio**
- Extra batteries for flashlight and radio**
- Medications** (at least one week's worth)
- Paperwork outlining current medications, dosages, and instructions**
- Copies of important documents** (driver's licenses, birth certificates, insurance policies, etc.)
- If you have infants** – formula, diapers, bottles and pacifiers
- If you have children** – books, toys, puzzles, games to occupy them for an extended period of time

### FOR YOUR PET

- Pet carrier**
- Water** (3-5 day supply per pet)
- Food** (3-5 day supply per pet)
- Medications**
- Paperwork outlining current medications, dosages, and instructions**
- Copy of current vaccination record**
- Small toys** or items that may make your pet more comfortable in an unfamiliar setting

## IN YOUR VEHICLE

- Flashlight(s) with extra batteries
- First aid kit with pocketknife
- Medications
- Paperwork outlining current medications, dosages, and instructions
- Blankets and/or sleeping bags
- Plastic bags, moist towelettes, and hand sanitizer (for sanitation)
- Matches
- Whistle
- Rain gear and extra clothes
- Jumper cables
- Life Hammer or other emergency hammer (to safely shatter windows and escape from your car)
- Brightly-colored (red) cloth (to use as a flag)
- Bottled water
- Canned/prepackaged fruit and nuts and non-electric can opener
- Small shovel and other tools (especially in winter)
- Window scraper (during winter months)
- Extra newspapers for insulation (during winter months)
- Extra set of mittens, socks and a wool cap (during winter months)
- Small sack of kitty litter or sand to generate traction under car wheels (during winter months)

## SPECIAL NEEDS OR OTHER ITEMS

FILL IN THE BLANKS WITH YOUR OWN SPECIAL NEEDS EQUIPMENT OR SUPPLIES (SUCH AS A VENTILATOR OR RESPIRATOR, ETC.)

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