



Build Your Disaster Supply Kit



Enhance your safety and comfort after an emergency or disaster by planning to be self-sufficient and meeting your basic needs. Secure and maintain nonperishable food, water, cash, medicines, and other supplies that will last for at least 72 hours.

Once you build and maintain your disaster supply kit, you will have a way to meet your family's needs during a difficult time. You will also help your community by allowing emergency officials and first responders to focus on those that cannot help themselves.

Basic Supply Checklist

- Cash: banks and ATMs may not be open or available for extended periods
- Water: at least one gallon per person per day for three to seven days for drinking and sanitation
- Food: enough for three to seven days, including non-perishable packaged or canned food and juices, food for infants and the elderly, snack food, manual can opener, vitamins
- Meal supplies: paper plates, paper cups, paper towels, and plastic utensils
- Radio: battery-powered radio and NOAA weather radio with extra batteries
- Sleeping bag, blankets, and pillows, etc.
- Clothing: seasonal, rain/snow gear, and sturdy shoes
- First Aid Kit: plus medicines and prescription drugs (one week or longer supply with a list of all medications, dosage, and any allergies)
- Toiletries: hygiene items, moisture wipes, and sanitizer
- Flashlight and batteries
- Car and house keys
- Toys, books, and games
- Fire extinguisher
- Whistle to signal for help
- Dust mask to help filter contaminated air
- Wrench or pliers to turn off gas or utilities
- Masks, hand sanitizer, disinfecting wipes, and spray
- Maps
- Cell phone with chargers and a backup battery
- Paper and pencils
- Household chlorine bleach and medicine dropper to disinfect water
- Other personal items as relevant
 - Glasses, contacts, and contact lens solution
 - Infant formula, bottles, diapers, wipes, and diaper cream
- Copies of medical insurance and/or Medicare identification cards
- Contact information for doctors, relatives, or friends to be notified if you are injured