

Emergency Preparedness

Home Kit

Assemble supplies that you'll need in case of an evacuation from your home. Store them in an easy-to-carry container, such as a backpack, duffle bag, or a plastic trash container with handles and a lid.

Have the following supplies on hand:

- Flashlight and extra batteries
- Portable battery-operated radio and extra batteries
- First aid kit and manual
- Emergency food and water
- S can opener
- Essential medicines
- Cash and credit cards
- Sturdy shoes

Include the following items in your Emergency Preparedness Kit:

- Supply of drinking water (one gallon per person per day). Store water in sealed, unbreakable containers. Label containers with the storage date and replace every six months.
- Supply of nonperishable packaged or canned food and a non electric can opener.
- Change of clothing, rain gear, and sturdy shoes.
- Blankets or sleeping bags.
- First aid kit and prescription medications.
- Extra pair of glasses.
- Battery-powered radio, flashlight, and plenty of extra batteries.
- Credit cards and cash.
- Extra set of car keys.
- List of family physicians.
- Pet supplies
- List of important family information. Model and serial numbers of medical devices, such as pacemakers.
- Special items for infants, elderly, or disabled family members.

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Car Kits

When an emergency occurs, you might have to live in your car until you can get back into your house or to permanent shelter. Assemble an Emergency Car Kit, which should be a scaled down version

Keep the following items in your car:

- Cellular telephone (kept fully charged or with a power cord that plugs into the lighter socket)
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- Blanket
- Booster cables
- Fire extinguisher (5 lb)
- First aid kit and manual
- Bottled water and spoil-resistant high-energy foods, such as granola bars, raisins, and peanut butter
- Maps
- Shovel
- Tire repair kit and pump
- Flares

72 Hour Disaster Kit

All content will fit into a plastic 5-gallon bucket with a lid. Make two, one for the home and one for the car.

- 1 5-Gallon Plastic Bucket with securable lid
- 1 Copy of emergency telephone numbers for family and friends
- 3 Cans of Vienna Sausages or other canned meat
- 1 Box of Raisins or other dried fruit
- 1 Can Pork and Beans
- 3 Fruit Rolls
- 3 Granola Bars
- 3 Small cans of fruit juice (orange, apple or tomato)
- 1 Can of low sodium nuts (peanuts, cashews, sunflowers, etc.)
- 1 Small container of Peanut Butter
- 1 Small container of Honey
- 1 Can of Boston Brown bread or similar product
- 1/2 Pound of powdered milk
- 1-3 Packages of powdered juice mix or Gatorade
- 3 Small cans of fruit
- 3 Sticks of beef jerky
- 1/2 Pound of trail mix
- 3 Vitamin/mineral supplement tablets

- 2-3 Gallons of drinking water (maybe stored separate than kit)
 - Water purification tablets
 - 1 Can Opener (small army style)
 - 6 Medium plastic garbage bags
 - 1 Plastic cup and dish and silverware
 - 6-10 Small paper plates
 - 1 Small package of Kleenex
 - 2 Large 30-gallon plastic garbage bags or
 - 1 poncho and a small tarp
 - 1 Space blanket
 - 1 Toothbrush and tooth paste
 - 6 Safety pins in various sizes
 - 1 Towel
 - 1 Washcloth
 - 1 Small bar of soap
 - 1 LED Flashlight with batteries
 - 1 AM/FM portable radio with batteries
 - 1 Tube chapstick
 - 1 Small container of shampoo
 - 1 Roll of toilet paper
 - Feminine sanitary pads if appropriate
 - 15 Q-Tips
 - 1 Small pocket knife
 - 1 Box waterproof/windproof matches
 - 1 Small votive candle in glass or metal holder
 - 1 Small pocket notebook and pencil
 - 10 Quarters for phone calls or vending machines
 - 1 Deck of cards or travel game kit
 - Prescription medicine and supplies as needed
 - Spare house and car keys
 - 1 Box of assorted Band-Aids or small first aid kit
 - 1 Pair of nail clippers or small scissors
 - 1 Box of antacids
 - 1 Small container of pain reliever
 - 1 Small bottle of hydrogen peroxide
 - 1 Tube of antiseptic ointment
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- 1 Screw driver with interchangeable tips
 - 1 Pair of pliers
 - Para cord or .25inch nylon rope, string, and wire
 - Protein power, nuts, dried fruit, rice, beans, cooking pan.
 - Water filter ceramic or block carbon .5um or smaller cleanable.
 - Flint-magnesium fire starter
 - Rambo knife
 - LED head lamp and rechargeable low self discharge NiMH batteries.