



# 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