



# Build Your Disaster Supply Kit



*A disaster supply kit will enhance your safety and comfort after an emergency or disaster. Gather nonperishable food, water, cash, medicines, and other supplies that will last for at least 72 hours.*

*By assembling a disaster supply kit, you can meet your own needs during recovery, which allows emergency officials and first responders to focus on neighbors who cannot help themselves.*

## Basic Supply Checklist

- Cash: banks and ATMs may not be open or available for extended periods
- Water: at least 1 gallon per person per day for 3-7 days for drinking and sanitation
- Food: enough for 3-7 days, including non-perishable food and drinks, 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
- Clothing: seasonal, rain/snow gear, and sturdy shoes
- First aid kit
- 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
- Maps
- Cell phone with chargers and a backup battery
- Paper and pencils
- Household chlorine bleach and a medicine dropper to disinfect water
- Glasses, contacts, and contact lens solution
- Infant formula, bottles, diapers, wipes, and diaper cream
- Copies of health insurance and/or Medicare identification cards
- In case of emergency (ICE), contact information for doctors, relatives, or friends