

Recommended Emergency Supply Kit Items

When preparing for a possible emergency situation, it's best to think first about the basics of survival: fresh water, food, clean air and warmth.

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water – one gallon of water per person per day for at least three days, for drinking and sanitation.
- Food – at least a three-day supply of non-perishable food.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert, as well as extra batteries for both.
- Flashlight and extra batteries.
- First aid kit.
- Whistle to signal for help.
- Dust mask to help filter contaminated air.
- Plastic sheeting and duct tape to shelter from contaminated air.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Can opener for food (if kit contains canned food).
- Local maps.

Information obtained from Ready.gov: Printable Get-A-Kit

1221 Farmers Lane • Suite C • Santa Rosa, CA 95405

707.573.1003

www.ayshomecare.net



Additional Items to Consider Adding to a Basic Emergency Supply Kit:

- Prescription medications and glasses.
- Important family documents, such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Cash or traveler's checks and change.
- Emergency reference material, such as a first aid book or information from www.ready.gov.
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing, including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color-safe or bleaches with added cleaners.
- Matches in a waterproof container.
- Fire extinguisher.
- Mess kits, paper cups and paper towels.
- Paper and pencil.
- Feminine supplies and personal hygiene items.
- Infant formula and diapers.
- Books, games, puzzles and other activities for children.
- Pet food and extra water for your pet.