



Build An Emergency Kit for Personal and Family Preparedness

“The Big 3”

- 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
- Medicine, at least three days worth. (First Aid Kit)

“Basic Disaster Supplies Kit”

- ▶ Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- ▶ Flashlight
- ▶ Extra batteries
- ▶ Whistle (to signal for help)
- ▶ Dust mask (to help filter contaminated air)
- ▶ Plastic sheeting and duct tape (to shelter in place)
- ▶ Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- ▶ Wrench or pliers (to turn off utilities)
- ▶ Manual can opener (for food)
- ▶ Local maps
- ▶ Cell phone with **chargers** and a backup battery



“Personalize Your Kit”

- ▶ Masks (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- ▶ **Prescription medications.** About half of all Americans take a prescription medicine every day. An emergency can make it difficult for them to refill their prescription or to find an open pharmacy. Organize and protect your prescriptions, over-the-counter drugs, and vitamins to prepare for an emergency.
- ▶ **Non-prescription medications** such as pain relievers, anti-diarrhea medication, antacids or laxatives
- ▶ Prescription eyeglasses and contact lens solution
- ▶ **Infant formula**, bottles, diapers, wipes and diaper rash cream
- ▶ **Pet food** and extra water for your pet
- ▶ Cash or traveler's checks
- ▶ **Important family documents** such as copies of **insurance policies**, **identification** and **bank account records** saved electronically or in a waterproof, portable container
- ▶ Sleeping bag or warm blanket for each person
- ▶ Complete change of clothing appropriate for your climate and sturdy shoes
- ▶ Fire extinguisher
- ▶ Matches in a waterproof container
- ▶ **Personal hygiene items**
- ▶ **Mess kits**, paper cups, plates, paper towels and plastic utensils
- ▶ Paper and pencil
- ▶ Books, games, puzzles or other **activities for children**

“Maintaining Your Kit”

After assembling your kit remember to maintain it so it's ready when needed:

- ▶ Keep canned **food** in a **cool, dry place**.
- ▶ Store boxed food in tightly closed plastic or metal containers.
- ▶ **Replace expired items** as needed.
- ▶ Re-think your needs **every year** and **update your kit** as your family's needs change.

“Kit Storage Locations”

- ▶ Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and cars.
- ▶ **Home:** Keep this kit in a designated place and have it ready in case you have to leave your home quickly. **Make sure all family members know where the kit is kept.**
- ▶ **Work:** Be prepared to shelter at work for **at least 24 hours**. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.
- ▶ **Car:** In case you are stranded, **keep a kit of emergency supplies in your car.**

“References”

- ▶ <https://cnrj.cnrc.navy.mil/Installations/CFA-Sasebo/Departments/Emergency-Management/>
- ▶ <https://www.ready.gov/>

