



How-to Build a Disaster Preparedness Kit

In the event of natural disaster, you and your family/household may need to survive on your own for a few days. A disaster preparedness kit will prepare you in the event of disaster with food, water and other important supplies, lasting at least 72 hours.

Essential Supplies for Your Disaster Preparedness Kit

- [Water](#) (one gallon 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
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Cloth face coverings (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery
- **Print out or complete online the interactive PDFs on the following pages!**

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.
- Store your kit in designated spaces that are dry and easy to access. Consider a kit for work or in case you are stranded, keep a kit of emergency supplies in your car.

Are You **READY!**

Some disasters strike without any warning. Have you thought about those supplies you'll need the most? They will usually be the hardest to come by. Enlist your children to help gather supplies for your family's emergency kit. It'll bring you a sense of relief, and your kids a feeling of empowerment.

Make sure you have enough supplies to last for at least **three days**. Think about where you live and your needs. Consider having a large kit at home, and smaller portable kit in the car or your workplace.

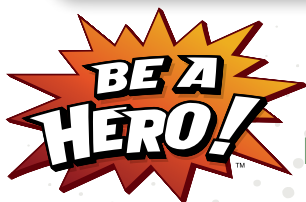
If a big storm is coming...

- ✓ Fill your car with gas
- ✓ Fill plastic bags with water and place them in the freezer
- ✓ Get extra cash out of the bank
- ✓ Fill prescriptions

Emergency Supplies List

- | | |
|--|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.) <input type="checkbox"/> Can opener <input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels <input type="checkbox"/> Moist towelettes, garbage bags and plastic ties for personal sanitation <input type="checkbox"/> Water – at least a gallon per person, per day for drinking and hygiene <input type="checkbox"/> First aid kit <input type="checkbox"/> Prescription medication and glasses <input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family <input type="checkbox"/> Change of clothes to last for at least 3 days, including sturdy shoes; consider the weather where you live <input type="checkbox"/> Matches in a waterproof container <input type="checkbox"/> Toothbrush, toothpaste, soap and other personal items <input type="checkbox"/> Feminine hygiene supplies <input type="checkbox"/> Fire extinguisher <input type="checkbox"/> Wrench or pliers to turn off utilities <input type="checkbox"/> Dust mask, and plastic sheeting and duct tape, to help filter contaminated air <input type="checkbox"/> Battery-powered or hand-cranked radio and extra batteries <input type="checkbox"/> Flashlights and extra batteries <input type="checkbox"/> Cell phone with charger, extra battery and solar charger | <ul style="list-style-type: none"> <input type="checkbox"/> Whistle to signal for help <input type="checkbox"/> 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.) <input type="checkbox"/> Local maps <input type="checkbox"/> Cash or traveler's checks <input type="checkbox"/> Emergency reference material such as first aid book or information from www.ready.gov <input type="checkbox"/> Important family documents such as copies of insurance policies, ID, and bank records in a waterproof, portable container <input type="checkbox"/> Pet supplies <input type="checkbox"/> Infant formula and diapers <input type="checkbox"/> Paper and pencil <input type="checkbox"/> Books, games or puzzles (let your kids pick these out themselves!) <input type="checkbox"/> Your child's favorite stuffed animal or security blanket <input type="checkbox"/> Pet food and extra water for your pet |
|--|---|

Don't forget to think about infants, elderly, pets, or any family members with special needs!



Are You **READY!**

Electricity lights up our world!

Think of all the ways we rely on electricity: keeping food fresh, cooking meals, and getting information through the internet or TV. It keeps us warm in the winter, cool in the summer, and connected with each other year round. Oftentimes, we use electricity to play and have fun! Are you and your family ready if disaster strikes and your home is without power?



How would we see at night without power?

Help your family build an emergency kit! Collect these items and keep them together in a safe place that you can find easily. Make sure you have enough supplies to last for at least **three days**.

Emergency Supplies List

- | | |
|--|---|
| <input type="checkbox"/> 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.) | <input type="checkbox"/> Water – at least a gallon per person, per day |
| <input type="checkbox"/> Can opener | <input type="checkbox"/> Battery-powered or hand-cranked radio with extra batteries |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Flashlights with extra batteries |
| <input type="checkbox"/> Sleeping bag or warm blanket for everyone in your family | <input type="checkbox"/> Cell phone with charger, extra battery and solar charger |
| <input type="checkbox"/> Change of clothes to last 3 days, including sturdy shoes; consider the weather where you live | <input type="checkbox"/> Whistle to signal for help |
| <input type="checkbox"/> Matches in a waterproof container (let a grown up handle these) | <input type="checkbox"/> Local maps |
| <input type="checkbox"/> Toothbrush, toothpaste, soap | <input type="checkbox"/> Pet supplies |
| <input type="checkbox"/> Paper plates, plastic cups and utensils, paper towels | <input type="checkbox"/> Baby supplies |
| | <input type="checkbox"/> Books, games or puzzles |
| | <input type="checkbox"/> A favorite stuffed animal or blanket |

Remember, traffic lights will not work!

Go on a quest with your family!
Create a scavenger hunt!
Make planning fun!

