



HAVE A PLAN

Emergency Essentials Kit



Print a copy of this emergency essentials list and take it with you to the store.

Food

- 3-day supply of nonperishable food that needs no cooking
- Hand-operated can opener
- Plastic plates, cups, utensils

Water

- 2 gallons per person a day to last 3 days for drinking & sanitation

First Aid

- Red Cross approved first aid kit
- Backup prescriptions for essential medications

Personal Hygiene

- Hand sanitizer or disinfectant wipes
- Toilet paper, paper towels, garbage bags
- Dental care and vision products
- Travel-size soaps and other beauty supplies
- Change of clothes, pair of shoes and blanket per person

Clean Air Items

- Nose and mouth protection masks (N-95 rating)
- Plastic sheeting
- Duct tape

Baby Items

- Formula, bottles, powdered milk
- Diapers
- Baby wipes
- Diaper rash ointment

Lighting

- Flashlights for each family member with extra batteries
- Fluorescent lanterns for each common area
- Waterproof matches or a utility lighter

Communication

- Portable, battery-powered radio
- Land-line phone with long cord
- Extra batteries for flashlights, lanterns, radio
- Extra cell phone battery or car charger
- Whistle

Family Safety Items

- Smoke detector with battery for each floor
- Carbon monoxide detector with battery backup
- Fire extinguisher
- Non-scented bleach for sanitization
- Sunscreen
- Insect repellent
- Shovel and basic tools

Transportation Items

- State and regional road maps
- Basic repair items (tools, tire patch kit, engine oil)
- Games, books, puzzles

Pet Needs

- 3-day supply of non-perishable pet food and water
- Cage or pet carrier and leash
- Pet medications and pet first-aid kit
- Current photo in case you are separated
- Cat litter and box
- Pet bed and toys

**READY
OR NOT?**

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Emergency Essentials Q&A

What is “sanitary water?” While drinking water is for drinking, sanitary water is for bathing, washing and flushing the toilet if the water system fails.

What first-aid kit should I buy? Many ready-made first-aid kits don’t have everything you need for an emergency. Don’t take it for granted that an off-the-shelf kit is complete, even if it has a red cross on it. [Click here for a full list of what should be in your kit.](#)

Why backup prescriptions? During an emergency, you might not have access to your doctor to refill your prescriptions and/or the drugstores might not be open.

Why hand sanitizer? During a disaster situation, you might come in contact with harmful chemicals or germs. Keeping your hands clean helps prevent illness.

Why nose and mouth protection masks? When the air around you becomes contaminated, a tightly fitting mask filters what you breathe into your lungs. An N-95 rated face mask is designed to filter debris particles that could make breathing difficult.

Why plastic sheeting and duct tape? You might find yourself in a position where you have to create a barrier between your shelter and contaminated air outside. Plastic sheeting duct tape can create seals around doors, windows, vents, and other opening that might give access to harmful air.

Why are candles not included? If you have pets or children, candles can be a dangerous fire hazard. Use candles only with extreme care and never when there are strong winds.

What’s the best radio for an emergency? An AM/FM/Weatherband radio that can be powered by batteries AND plugged into an electrical outlet is your best choice.

Why a corded phone? Cordless phones won’t work during a power outage. A corded phone can be used during a power outage, since it doesn’t plug in to an electrical outlet. The long cord means you can take it to the safest part of your house.

Why a carbon-monoxide detector? Deadly carbon monoxide from a generator outside your house can filter in through vents or open windows. You would never know it was happening without an inexpensive detector.

What does bleach do? Non-scented bleach can be used to purify water for drinking or sanitize water for bathing, cooking and cleaning.

Why sunscreen and insect repellent? Sunscreen can help protect your skin when you’re outdoors, especially waiting in lines for relief aid. Insects can be a problem during the summer months or after heavy rains, so you’ll want a strong repellent.

Why state and regional road maps? During an emergency, you might not be able to travel on familiar roadways. Maps will help you navigate your way to safety.

Why a pet carrier/cage? While you might not cage your pet at home, having a carrier will help transport your pet safely during an evacuation, and may be required, depending on where you spend the night.