



HAVE A PLAN

Emergency Essentials Kit



Food and Water

- 3-day supply of nonperishable food that needs no cooking
- Hand-operated can opener
- Plastic plates, cups, utensils
- 2 gallons of water per person a day to last 3 days for drinking & sanitation

First aid kit

- Backup prescriptions for essential medications
- Sterile, adhesive band-aids in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- 2" Sterile gauze pads (4–6)
- 4" Sterile gauze pads (4–6)
- Triangular bandages (3)
- 2" Sterile bandages (3 rolls)
- 3" Sterile bandages (3 rolls)
- Scissors
- Adhesive tape
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Rubbing alcohol
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Extra eye glasses

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 person 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
- Shovel and basic tools
- Insect repellent
- Sunscreen

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