

# Build Your Own Emergency Kit



When storms and disasters strike, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours or it might take days. To be prepared, you need to have your own food, water and other supplies to last for at least 72 hours.



*Add a check in the circle when you have added the item to your kit*

Wet Wipes, Gloves, Hand Sanitizer, Dust Mask

Use gloves to avoid touching dirty water...common during heavy rain storms.

First Aid Kit

Blankets, Extra Clothing, Sturdy Shoes

Rain Gear

Cash: If power is out ATMs may not work and you may not be able to use credit cards.

Family Documents: Insurance, Passport, Family Emergency Plan, etc.

Multi Tool, Duct Tape, Garbage Bags, Rope

Garbage bags keep stuff dry and can be a barrier against some harmful substances.

Personal Hygiene Items

Whistle

Whistles are a great way to signal for help. They're louder and use less energy than yelling.

Prescriptions, Medical Equipment

Plastic Utensils, Plates, Bowls

Water - 1 gallon per person per day

Non-Perishable Food, Can Opener

Wind Up Radio, Car Chargers for Phones and Battery Chargers

Power outages are common during storms. Wind up radios allow you to stay informed without power.

Flashlight, Lots of Batteries

Pet Supplies