

Recommended Family Preparedness Items

The best time to assemble a three-day emergency supplies kit is well before you will ever need it. Most people already have these items around the house and it is a matter of assembling them now before an evacuation or State of Emergency order is issued.

Start with an easy to carry, water tight container - a large plastic trash can will do. Next gather up the following items and place them in your kit:

Essentials

- Water - 1 gallon per person per day (a week's supply of water is preferable)
- Water purification kit or bleach
- First aid kit and first aid book
- Pre-cooked, non-perishable foods, such as canned meats, granola bars, instant soup & cereals, etc.
- Baby supplies: formula, bottle, pacifier, soap, baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices
- Non-electric can opener
- Anti-bacterial hand wipes or gel
- Blanket or sleeping bag per person
- Portable radio or portable TV and extra batteries
- Flashlight and extra batteries
- Essential medications
- Extra pair of eyeglasses
- Extra house and car keys
- Fire extinguisher - ABC-type
- Food, water, leash and carrier for pets
- Cash and change
- Seasonal change of clothing, including sturdy shoes

Sanitation Supplies

- Large plastic trash bags for waste, tarps and rain ponchos
- Large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine hygiene supplies
- Toilet paper
- Household bleach
- Rubber gloves

Stocking up now on emergency supplies can add to your family's safety and comfort during and after a disaster. Store enough supplies for at least three days, preferably seven days, in one place.