

Basic Disaster Supplies Kit¹

The following items are recommended for inclusion in your basic disaster supplies kit:

- Three-day supply of non-perishable food
- Three-day supply of water – one gallon of water per person per day
- Portable, battery-powered radio or television and batteries
- Flashlight and extra batteries
- First-aid kit and manual
- Sanitation and hygiene items (moist towelettes and toilet paper)
- Matches and waterproof container
- Whistle
- Extra clothing
- Kitchen accessories and cooking utensils, including a manual can opener
- Photocopies of credit and identification cards
- Cash and coins
- Family needs such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries
- Items for infants, such as formula, diapers, bottles, and pacifiers
- Pet items (food, water, dishes, leash, crate, photo ID)
- Other items to meet your unique family needs
- Family Communications Plans card for each family member

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat. Think about your clothing and bedding supplies. Be sure to include a complete change of clothing and shoes per person, including:

- Jacket or coat
- Long pants
- Long sleeve shirt
- Sturdy shoes
- Hat, mittens, and scarf
- Sleeping bag or warm blanket (per person)

Be sure to allow for growing children and other family changes.

Change stored food and water supplies every six months. Update as family needs change.

Keep items in airtight plastic bags, and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work, and vehicles.

¹[Are You Ready? An In-depth Guide to Citizen Preparedness](#)