

Emergency Preparedness Kit


Making Sure You Have What Your Need

Emergencies are not something we ever want to experience. Floods, hurricanes, wildfires, earthquakes, and other disasters can be frightening, and it's hard to imagine how we would react. Hopefully, we will never have to. However, if an emergency does strike, it's always best to be prepared. That way you can weather the threat and stay safe until the danger passes.

This month, we'll be discussing what to pack in your Emergency Preparedness Kit, with a focus on the essentials. This kit should have the resources you need such that if you must evacuate, you still have everything you need to survive until you get an all-clear. While this guide is meant to be as thorough as possible, this is a tricky topic with a lot of additional details. Some helpful links will be provided at the end of this guide so that you can learn more.

Personal Needs

A good Emergency Preparedness Kit will have the basics you and your family need to get by during an emergency, when resources like food and clean water might not be easy to access. Below you'll find some suggestions about what you should pack to keep yourself and your loved ones well equipped for an emergency.

- Emergency Water Supply (minimum 3 gallons per person; a 3-day supply)
 - Emergency Food Supply (minimum 3 days per person)
 - Important documents in a waterproof container (insurance policies, IDs, bank account records, birth certifications, social security, etc.)
 - Prescription medication (at least a week's supply)
 - Include a list of your prescriptions and their dosage as well on your person
 - Assistive Technology (e.g. glasses, wheelchairs, walkers, contact lenses and disinfectant, asthma inhaler, epi-pen, blood sugar monitor, etc.)
 - Medical Supplies (e.g. blood test strips, antibacterial wipes, syringes, hygiene products, etc.)
 - A First Aid Kit (see below)
 - Infant and childcare supplies (infant formula, diapers, etc.)
 - Pet Supplies and Pet Food
 - A Sleeping Bag and a Warm Blanket for each person (and cold-weather clothing)
 - Complete change of clothes (long-sleeve shirt, long pants, sturdy shoes)
 - Whistle (to signal for help)
 - Manual can opener
 - Local maps
 - Non-sparking wrench or pliers (to turn off utilities)
 - Dust mask, plastic sheeting, and duct tape (for shelter in place)
 - Extra cell phone batteries and charger
 - Cash and change (in a waterproof container)
 - Emergency Services contact list (in a waterproof container)
 - Pencil and paper
 - Games and puzzles for kids
 - Hygiene Products
 - Disinfectant (for water)
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- A collection of emergency supplies including a red backpack, a black lantern, a first aid kit, a water jug, a flashlight, a whistle, a map, a wrench, a duct tape, a cell phone, a battery, a pencil, a paper, a game, a puzzle, a hygiene product, and a disinfectant.



First Aid Kit

A good first aid kit is a cornerstone of any Emergency Preparedness Kit. Many emergencies can create dangerous situations, so having the means to treat minor cuts and bruises and other common ailments can be incredibly helpful, especially if the emergency makes accessing medical care difficult. Although there are many standards for First Aid Kits, and you can usually buy a pre-packaged kit at your local pharmacy, sometimes you might want to make your own. In such a case, here are the items recommended by the American Red Cross. See the Additional Resources page for more links for basic First Aid Kit standards.

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (Band-Aids; assorted sizes)
- 1 adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets (1 gram each)
- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 emergency blanket
- 1 breathing barrier with 1-way valve
- 1 instant cold compress
- 2 pairs of non-latex gloves
- 2 hydrocortisone ointment packets (1 gram each)
- 1 three-inch gauze roll (roller) bandage
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3 in x 3 in)
- 5 sterile gauze pads (4 in x 4 in)
- Oral thermometer (non-mercury, non-glass)
- 2 triangular bandages
- Tweezers
- Emergency first aid guide



Keeping Your Kit Up to Date

An Emergency Preparedness Kit, like anything else, needs a bit of maintenance now and again. Even the most durable and long-lasting rations and medication will eventually go bad and will need to be replaced. Generally, it's a good idea to go back and double-check your kit every 6 months or so, replacing out any expired food, drink, and medication. Make sure that your equipment is working, your clothes are properly fitting and intact, and any maps or paperwork is up to date. Replace anything that's broken or outdated and restock anything that's missing (like bandages in the first aid kit).

Additional Resources

Emergency Preparedness Activity Books for Kids -

<https://www.cdc.gov/cpr/readywrigley/books.htm>

CDC Personal Needs Additional Resources (Pet Disaster Kit, Preparedness for People with Bleeding Disorders, Disabilities, Young Children, etc.) -

<https://www.cdc.gov/prepyourhealth/takeaction/personalneeds/resources.htm>

What Food to Prepare for Emergencies - <https://www.ready.gov/food>

Food and Water Needs - <https://www.cdc.gov/disasters/foodwater/prepare.html>

Checklist for Children with Special Healthcare Needs -

<https://www.cdc.gov/childrenindisasters/checklists/special-healthcare-needs.html>

Emergency Checklist for Kids and Families -

<https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html>

Disabilities and Health Preparedness -

<https://www.cdc.gov/ncbddd/disabilityandhealth/emergencypreparedness.html>

Personal Needs Quick Tips -

<https://www.cdc.gov/prepyourhealth/takeaction/personalneeds/tips.htm>

How to Make Water Safe - [https://www.cdc.gov/healthywater/emergency/making-water-](https://www.cdc.gov/healthywater/emergency/making-water-safe.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthywater%2Femergency%2Fdrinking%2Fmaking-water-safe.html)

[safe.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthywater%2Femergency%2Fdrinking%2Fmaking-water-safe.html](https://www.cdc.gov/healthywater/emergency/making-water-safe.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthywater%2Femergency%2Fdrinking%2Fmaking-water-safe.html)

Storing Emergency Water - [https://www.cdc.gov/healthywater/emergency/creating-storing-](https://www.cdc.gov/healthywater/emergency/creating-storing-emergency-water-supply.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthywater%2Femergency%2Fdrinking%2Fcreating-storing-emergency-water-supply.html)

[emergency-water-supply.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthywater%2Femergency%2Fdrinking%2Fcreating-storing-emergency-water-supply.html](https://www.cdc.gov/healthywater/emergency/creating-storing-emergency-water-supply.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fhealthywater%2Femergency%2Fdrinking%2Fcreating-storing-emergency-water-supply.html)

FEMA Readiness Checklist - [https://www.ready.gov/sites/default/files/2021-](https://www.ready.gov/sites/default/files/2021-02/ready_checklist.pdf)

[02/ready_checklist.pdf](https://www.ready.gov/sites/default/files/2021-02/ready_checklist.pdf)

American Red Cross First Aid Kit List - <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>

CDC First Aid Kit List - <https://blogs.cdc.gov/publichealthmatters/2021/05/first-aid-kits/>

Mayo Clinic First Aid Kit List - <https://www.mayoclinic.org/first-aid/first-aid-kits/basics/art-20056673>