

# Emergency Kit Basics

## Essentials for Home & Long-Term Sustainability

**Sheltering in Place:** In some emergencies, sheltering in place may be safer than evacuating. Tune in to local TV and radio for recommendations from local officials on whether to stay or go.

To be prepared to shelter in place keep these items at home:

### **Food and Water**

- Supply of non-perishable food that needs no cooking
- Hand operated can opener
- Plastic plates, cups, utensils
- 2 gallons of water per person per day for drinking and sanitation
- Water purifier or collection container

### **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 (two pairs)
- 2” Sterile gauze pads
- 4 “ Sterile gauze pads
- Triangular bandages
- 2” Sterile bandages
- 3” Sterile bandages
- Scissors
- Adhesive tape
- Tweezers, Needle
- Moistened towelettes or baby wipes
- Antiseptic, rubbing alcohol
- Oral thermometer
- Tongue depressor
- Tube of petroleum Jelly or other lubricant
- Extra eyeglasses

### **Personal Hygiene Items**

- 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 1 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/Fire**

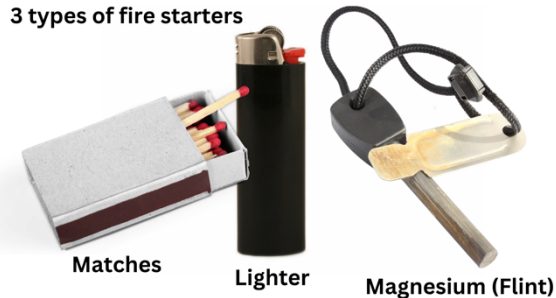
- Flashlights for each person with extra batteries
- Fluorescent lanterns for each common area
- Three sources to start fire: Waterproof matches, a utility lighter (BIC), and a magnesium fire starter
- Candles, magnifying glass (also a fire starter)

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3 types of fire starters



### **Three sources of fire are essential for:**

- Boiling water
- Warmth and heat (also for drying clothes)
- Cooking
- Signaling (light or smoke signals)
- Protection/ repellent (animals, insects)
- Building tools
- Psychological component: Feeling of safety and accomplishment
- Light

### **Family Safety Items**

- Smoke detector with battery for each floor
- Carbon monoxide detector with battery backup
- Fire extinguisher
- Non scented bleach for sanitation
- tools
- Insect repellent, sunscreen
- Wrench or pliers to turn off utilities, bolt cutters to cut through chains or locks

### **Transportation Items**

- State and regional road maps
- Basic repairs (tools, tire patch kit, engine oil)
- Games, books, puzzles, deck of cards
- Road safety kit

### **Pet Needs**

- 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



### **Communication**

- Portable, battery powered or hand crank NOAA weather radio with tone alert and charger and extra batteries
- Landline phone with long cord as a backup
- Extra batteries for flashlights, lanterns, radio
- Extra cell phone battery, solar battery, and car charger
- Whistle, two-way radios/walkie talkies