

# FAMILY EMERGENCY SUPPLIES KIT

---

Following a disaster, officials and relief workers will provide assistance, but they will not be able to reach everyone immediately. To sustain your family before help arrives, prepare a disaster supplies kit. It is best to keep your emergency supplies, except your credit cards, cash, and documents, in portable containers (such as plastic tubs) in case you need to evacuate. If you do this, you can be ready to leave much more quickly.

Your kit should include the following items:

- Bottled water (three-day supply of four quarts per person per day)
- Food (three-day supply of non-perishable foods such as canned meats, fruits and vegetables)
- Can opener, pocket knife, eating utensils, cups, plates and bowls
- First-aid kit and at least a 30 day supply of prescription medicines
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Tools, tape, plastic sheeting, signal flares and matches
- Fire extinguisher
- Sanitation products such as toilet paper, paper towels, soap, detergent, bleach and disinfectant
- Clothing and bedding for each family member.
- Special items for babies, the elderly, disabled persons or others with special needs
- Cash or traveler's checks
- Important documents (kept in waterproof containers) such as insurance policies, deeds, titles, stocks, birth certificates, passports, wills, immunization records, etc.
- If you have a pet, include pet food, a carrier or cage, and, where appropriate, a leash in your supplies.