



Coping with Emergencies

talking about essentials

List of Essentials

Supplies for your family should last at least two weeks. Keep supplies in a cool, easy-to-carry container, in case you need to evacuate. Replace supplies past their expiration dates.

1. Water – one gallon per person, per day

2. Food – select items that don't need to be refrigerated, have a long shelf-life, or don't need water to prepare. This includes ready-to-eat canned foods, protein bars, dried fruit, and crackers.

3. Hygiene and Sanitation

- Respiratory masks (N95 or comparable)
- Moist towelettes
- Alcohol-based, waterless hand sanitizers (with at least 60% alcohol)
- Toothpaste and toothbrush
- Toilet paper and paper towels
- Garbage bags (heavy duty) and ties
- Prescribed medicines (one month's supply)

4. First-aid Kit

- Rubber gloves
- Cleaning agents (soap or towelettes)
- Antibiotic ointment and burn ointment
- Cold packs and Eyewash solutions
- Adhesive bandages, cotton balls and swabs
- Sterile dressing, tape, elastic wrap (Ace)
- Thermometer
- Tweezers, scissors, a spoon
- Medication for fever and pain relief
- Anti-diarrhea medication

5. Tools

- Manual can opener
- Eating utensils
- Flashlight
- Radio, battery-powered
- Batteries and cell-phone charger
- Matches (in waterproof container)
- Duct tape
- Knife
- Wrench and/or pliers
- Light Sticks

6. Additional Items

- Cash and coins
- Special needs such as inhalers, contact lenses, extra eyeglasses, and hearing aid batteries
- Copies of credit cards, bank account numbers, important documents, medical prescriptions, driver's licenses, and passports
- Keys and an extra set
- Feminine hygiene supplies
- Infant supplies
- Recreational materials
- Food and supplies for pets
- Family health information & emergency contacts