

HOME EMERGENCY KIT

Each household should be prepared to have emergency supplies for a least a minimum of 3 days but preferably 7 days. Consider special-needs items for infants, children, seniors or people with disabilities and don't forget your pets! As a minimum, an emergency kit should contain the following.



Emergency Water and Food Supply

- Drinking Water (at least 2 liters per person/day)
- Washing & cooking water (2 liters per person per day)
- Food (supplies for a minimum of 3 days requiring minimal water, heat & refrigeration)
 - Comfort food, stress food
 - Foods with at least 6 month shelf life
- Alternate cooking methods & supplies (fuel)
 - Propane/charcoal BBQ
 - Butane Stove/ Coleman stove
- Manual can opener / paper plates / plastic cups and utensils/ food thermometer

Sanitation / Personal Hygiene

- Hydrated lime/scoop/dust mask/rubber kitchen gloves
- Garbage bags/toilet paper
- Personal hygiene items including (toothbrush/ toothpaste/soap/shampoo/diapers)
- Liquid soap/paper towels/bucket

Essentials

- Flashlight/ lanterns/headlamps
- Light sticks / power failure lights / 36 hour candles
- Radio – battery operated/windup
- Batteries

Communications

- Landline phone/ cell phone / cell phone charger
- Out of area contact
- Familiarity of social media (Twitter, Facebook)
- Family Plan

Safety and Comfort

- Sturdy shoes by bed / whistle
- Extra medications / prescription / spare eyeglasses
- Heavy work gloves/safety goggles/dust masks
- Emergency cash in small denominations
- Copies of important documents / phone numbers
- Plastic sheeting/tarps/ alternate shelter
- Warm clothes and rain gear
- Gas shut off wrench/ water shut off key
- duct tape/ pocket knife/ crowbar
- Local map / paper / pencil or pen
- First aid kit and manual

Learn more about emergency kits, where to store them and how to better prepare for the next disaster by attending one of our free workshops. Sign up online www.nsem.info