An essential part of your preparedness is having basic items you may need during an emergency. A simple kit includes a minimum of 3 days (72 hours) worth of essentials. Keep your kit updated by periodically checking expiration dates and replenish needed items. A good approach is to “eat what you store, store what you eat,” meaning to stock your kit with foods that you will consume and replace on a revolving basis to keep supplies current. Below are general guidelines to help with building your kit. Remember to customize based upon your specific needs and situation, including seniors and pets.

**WATER**
Minimum guidance is 1 gallon per day, per person with half for drinking and half for sanitation.

**Tip:** Before the storm, fill large containers (such as clean soda bottles) with water for drinking and cooking, and fill the bathtub for cleaning and flushing.

**SHELF-STABLE FOOD**
Store food that does not require refrigeration or preparation such as canned goods or shelf-stable meals.

**Tip:** Have a manual can opener.

**BATTERY-POWERED RADIO**
It is important to monitor local media and a battery-powered radio can be used when electrical service is out (some even have cell phone charging attachments).

**FLASHLIGHT**
Have a flashlight in case the power goes out and always keep extra batteries in stock.

**BATTERIES**
Have extra batteries in order to power your radio, flashlight, and other supplies in the event that the power goes out. Some power outages can last for days, especially after a hurricane.

**FIRST AID SUPPLIES**
Check your supply of non-prescription pain relievers, band-aids, antibacterial ointment, insect repellent, sunscreen and other items.

**TOILETRIES**
Have extra hygiene items, including feminine hygiene products, hand sanitizer, and toilet paper.

**SPECIALTY ITEMS**
Gather prescription medications, infant formula, or any other specific needs you or your family may have.

**IMPORTANT DOCUMENTS**
Safeguard copies of key documents, including your insurance policy, driver’s license, birth certificate, Social Security card, and passport.

**CASH**
Maintain some cash on hand. During power outages, some stores may not be able to accept credit cards, debit cards, or other forms of electronic payment.

**PET CARE ITEMS**
If you have pets, store emergency supplies for them as well!

**PORTABLE CHARGER**
During power outages, use to charge your phone, tablet, and other portable devices.

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