

BUILD AN EMERGENCY KIT

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.