

## EMERGENCY SUPPLY KIT

# Prepare for a disaster or emergency by packing an emergency supply kit

Do you have enough food and water in your house to survive on your own for three days if a disaster strikes? This fact sheet tells you how to pack and maintain an emergency supply kit and enough food and water in case of disaster.



Prepare for a disaster. Start with a checklist of items for your emergency supply kit.

### Pack an emergency supply kit. Here's what you'll need:

#### Container



An easy-to-carry container for your supplies



A permanent marker to label the container



Waterproof containers for papers and medicines

#### Water and Food



3 gallons of water = 3 days for 1 person  
A gallon of water is 64 ounces  
(Five 12-oz water bottles is almost a gallon.)  
3 gallons of water for each additional person



Two weeks worth of food and can opener (Pack food that is easy to make and won't spoil.)

#### Electronics



Flashlight and extra batteries



Battery powered or hand crank radio (NOAA Weather Radio, if possible)

#### Medical



First aid kit



Multipurpose tool



Medications (7-day supply), other medical supplies, and paperwork on any medical condition



Soap, toothbrush, and other personal care items

Additional kit items on the following page>>



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

**Also Include:**



Copies of  
important  
documents



Extra cash



A blanket



Maps of  
the area  
Emergency  
contact  
information  
for family



Extra set of car  
and house keys

Chargers for cell  
phones and other  
mobile devices



Food and  
water for pets

**Finish the job:**



Clearly label the containers.  
Place them where you can easily  
reach them if you are in a hurry.



**Maintain your kit**

Every few months, open your  
emergency supply kit to remove any  
food or beverage items or batteries  
that will expire.

**If you have babies, children, pets, or special medical needs, read on.**

**Add to your emergency supply kit when someone has medical needs**

If someone has medical needs, pack these additional items:

- Medical supplies
- Paperwork about the medical condition, stored in a waterproof container

**Add to your emergency supply kit if you have babies or children**

If there are babies or children in your family, pack these additional items:

- Baby supplies
- Games and activities for children

**Add to your emergency supply kit if you have pets**

- Food and water for at least 3 days for each pet; food and water bowls.
- Medications and medical records stored in a waterproof container.

If a disaster strikes your community, you might not have access to food, water, or electricity for some time. You can get sick if you drink contaminated or dirty water. You can get hurt if you must move around when there are no lights on. But with an emergency supply kit and enough water on hand, you can keep yourself and your family safer and healthier during a difficult time.

Visit this website to see a list of additional items you may include in your emergency supply kit:  
[http://www.address\\_here](http://www.address_here)

**You can read more about coping with disaster at these 2 sites:**

CDC's emergency water supply [http://www.emergency\\_address\\_here](http://www.emergency_address_here)

Emergency food supply [http://www.emergency/preparedness\\_address\\_here.asp](http://www.emergency/preparedness_address_here.asp)