

Recommended Family Preparedness Items

The best time to assemble a three-day emergency supplies kit is well before you will ever need it. Most people already have these items around the house and it is a matter of assembling them now before an evacuation or State of Emergency order is issued. Stocking up now on emergency supplies can add to your family's safety and comfort during and after a disaster. Store enough supplies for at least three days, preferably seven days, in one place.

Start with an easy to carry, water tight container - a large plastic trash can will do, or line a sturdy cardboard box with a couple of trash bags. Next gather up the following items and place them in your kit:

Essentials

- Water - 1 gallon per person per day (a week's supply of water is preferable)
- Water purification kit or bleach
- First aid kit and first aid book
- Pre-cooked, non-perishable foods, such as canned meats, granola bars, instant soup & cereals, etc.
- Baby supplies: formula, bottle, pacifier, soap, baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices
- Non-electric can opener
- Anti-bacterial hand wipes or gel
- Blanket or sleeping bag per person
- Portable radio or portable TV and extra batteries
- Flashlight and extra batteries
- Essential medications
- Extra pair of eyeglasses
- Extra house and car keys
- Fire extinguisher - ABC-type
- Food, water, leash and carrier for pets
- Cash and change
- Seasonal change of clothing, including sturdy shoes

Sanitation Supplies

- Large plastic trash bags for waste, tarps and rain ponchos
- Large trash cans
- Bar soap, shampoo and liquid detergent
- Toothpaste and toothbrushes
- Feminine hygiene supplies
- Toilet paper
- Household bleach
- Rubber gloves
- **Don't forget your pets when getting prepared!!!**