



If there's an emergency will you **Be Prepared?**

What You Need To Know About Personal Preparedness



NASA

Know Your Stuff

Be Prepared



Emergency Supply Kit



Are You Ready?




Emergency Supply Kits

Emergencies can happen anytime, anywhere. An emergency may cause you and your family to shelter in place or evacuate for an unknown period of time. Even though first responders are on scene working hard, it may be hours or even days before they can reach you. That is why it is important to build an emergency supply kit for your home and your car. The items listed below are highly recommended for your emergency supply kit; however, you know your needs best, so add other items as you see fit.





This icon identifies emergency supply kit items for your car. Quantities identified below may differ from those in the regular kit, because an emergency supply kit for your car is to be used in case of a breakdown or prolonged delay. For winter months, be sure you include a shovel, warm clothes, and rock salt.

Water

- ☐ 1 gallon of water per person per day (drinking, food preparation, and sanitation) 
- ☐ A 3-day supply of water for each person in your household 
- ☐ Water purification agents and filters (available at most camping stores) 

Food

Store at least a 3-day supply of nonperishable food for each person. Select foods that require no refrigeration and little preparation and that meet any dietary restrictions you or your family may have. Select food items that are compact and lightweight. Be sure you rotate your food items every 6 months.

- ☐ Ready-to-eat canned meats
- ☐ Juices, canned or powdered
- ☐ Soups, bouillon cubes or dried
- ☐ Smoked or dried meats such as beef jerky 
- ☐ Milk, powdered or canned
- ☐ High-energy foods such as protein bars 

First-Aid Kit

We recommend that you have two first-aid kits—one for your home and one for your car. Your first-aid kits should include the following items:
















- ☐ Sterile adhesive bandages
- ☐ 2-inch sterile gauze pads in assorted sizes (8–12)
- ☐ 3-inch sterile gauze pads (8–12)
- ☐ Hypoallergenic adhesive tape
- ☐ Triangular bandages (3)
- ☐ 2- and 3-inch sterile roller bandages (3 rolls each)
- ☐ Scissors
- ☐ Tweezers
- ☐ Needle
- ☐ Bar of soap
- ☐ Moistened towelettes (8–10 packages)
- ☐ Antiseptic spray
- ☐ Nonbreakable thermometer

- ☐ Tongue blades and wooden applicator sticks
- ☐ Tube of petroleum jelly or other lubricant
- ☐ Assorted sizes of safety pins
- ☐ Cleansing agent—soap
- ☐ Latex gloves




Nonprescription Medication

- ☐ Aspirin or other pain reliever
- ☐ Antidiarrheal medication
- ☐ Antacids
- ☐ Emetic (to induce vomiting)
- ☐ Vitamins
- ☐ Laxatives
- ☐ Eyewash
- ☐ Rubbing alcohol
- ☐ Antiseptic or hydrogen peroxide




Tools and Supplies

- ☐ Paper cups, plates, and plastic utensils
- ☐ Family emergency preparedness plan
- ☐ Battery-operated radio and extra batteries 
- ☐ Flashlight and extra batteries 
- ☐ Cash or traveler's checks and some change
- ☐ Multitool 
- ☐ Can opener 
- ☐ Maps/road atlases 
- ☐ Disposable chargers (for cell phones, iPod, etc.) 
- ☐ Fire extinguisher 
- ☐ Pliers 
- ☐ Tape 
- ☐ Matches in a waterproof container 
- ☐ Aluminum foil
- ☐ Plastic storage containers
- ☐ Signal flare 
- ☐ Paper and pencil 
- ☐ Sewing kit
- ☐ Medicine dropper 
- ☐ Shutoff wrench for gas and water
- ☐ Whistle 
- ☐ Plastic sheeting 
- ☐ Dust mask and work gloves

Sanitation and Hygiene

- ☐ Toilet paper and towelettes 
- ☐ Soap and liquid detergent
- ☐ Feminine supplies
- ☐ Personal hygiene items 
- ☐ Plastic garbage bags and ties 
- ☐ Small shovel to dig expedient latrine
- ☐ Plastic bucket with tight lid
- ☐ Disinfectant
- ☐ Household chlorine bleach

Clothing and Bedding

- ☐ Include at least one complete change of clothing and footwear per person
- ☐ Sturdy shoes or work boots
- ☐ Rain gear 
- ☐ Blankets or sleeping bags 
- ☐ Hat and gloves
- ☐ Thermal underwear
- ☐ Sunglasses 

Special Needs







For Baby

- ☐ Formula
- ☐ Diapers
- ☐ Bottles
- ☐ Powdered milk
- ☐ Medications
- ☐ Extra blankets

For Adults

- ☐ Prescription drugs (blood pressure medications, insulin, etc.)
- ☐ Denture supplies
- ☐ Contact lenses and supplies
- ☐ Extra eye glasses
- ☐ Extra hearing-aid batteries
- ☐ Other durable medical equipment

For Pets

- ☐ Food 
- ☐ Crate
- ☐ Water 
- ☐ Medicine 
- ☐ Leash 
- ☐ Collapsible bowl 
- ☐ Vaccination records 

Miscellaneous

Entertainment

- ☐ Games for children
- ☐ Books for adults

Important Documents

Keep these records in a waterproof, portable container.

- ☐ Will, insurance policies, contracts, deeds, stocks, and bonds
- ☐ Passports, social security cards, driver's licenses
- ☐ Bank account numbers
- ☐ Credit card account numbers and companies contact information
- ☐ Inventory of valuable household goods
- ☐ Family records (birth and/or marriage certificates, important telephone numbers, and immunization records)

TIP: Store the items of your supply kit in an **easy-to-carry** container such as a plastic bin. Keep a smaller version of your emergency-supplies kit in the trunk of your car in the event you have to evacuate.

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