

Be Ready SSL: Emergency Kit Supplies

Building an emergency kit can feel overwhelming, but even basic preparation is better than none. Use this document to start gathering your kit. Find a bag or place in your home and gather the items you already have on hand. Then, gradually buy what's missing—you can do this one item at a time, like a can of soup or extra batteries—or all at once. Over time, you'll have everything you need. Be sure to review your kit regularly to keep it updated.

Basic Supplies

- Water: one gallon per person per day for 4 days
 - # in household ____ x 4 = ____ gallons
- Shelf stable food: dehydrated meals, peanut butter, canned goods, coffee
- Battery-powered or hand-crank radio
- Flashlight & Extra batteries
- First aid supplies
- 7-day supply of medication and other medical items
- Sanitation and personal hygiene items
- Multi-purpose tool such as:
 - Leatherman, Swiss Army Knife, etc.
- Copies of important documents
 - medication lists and medical information, birth certificates, identification, passports, insurance policies, etc.
- Cell phone with charger
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Paper map(s) of area

Family Specific Supplies

- Personal medical supplies (hearing aids/batteries, glasses, contacts, syringes, etc.)
- Baby supplies
 - bottles, formula, baby food, diapers, etc.
- Pet supplies
 - food, bowl, leash, proof of ownership, etc.
- Two-way radios
- Extra car and house keys