

The 7 Day Essential Emergency Supplies Kit

- Seven (7) gallon of water per person
- Non-perishable food, can opener and utensils. Don't forget your pets!
- First aid kit
- Flashlight and extra batteries
- Radio with extra batteries
- Medication (prescriptions and over-the-counter)
- Cash and important documents (in waterproof container)
- Change of clothes and shoes
- Sanitation and hygiene products

Items to help make things more comfortable

- Bedding, such as blanket, sleeping bag, pillow
- Extra set of car, home and safe deposit box keys
- Emergency telephone numbers
- Pens, pencils, paper
- Toys, crayons, books, playing cards, board games.....
- Camping stove or grill, cooking utensils, fuel, pots, pans, foil, paper cups, plates, plastic utensils
- Portable toilet, toilet paper and plastic bags.

Food Supplies

Select non-perishable foods. Foods that are compact and lightweight.

Foods that require no refrigeration and can be easily prepared.

- Water (7 gallons per person for 7 days)
- Ready to eat canned meats, fruit and veggies (per person for 7 days)
- Canned juices
- High energy foods, such as peanut butter, crackers, granola bars, trail mix
- Heat and serve soups
- Comfort /stress foods in small amounts (cookies, hard candies, sweetened cereals, instant coffee, tea bags)
- Manual can opener
- Disposable utensils
- Resealing plastic bags and/or plastic wrap



Basic First Aid Kits

A basic first aid kit should include the items listed below, but be sure to include personal items that you rely on daily.

- Disposable/sterile burn blankets
- Adhesive tape
- Hydrogen peroxide, Betadine
- 4 x 4 gauze pads (sterile and non sterile), roller gauze
- Bandages (assorted sizes)
- Ice packs
- Eye pads
- Scissors
- Cotton balls/cotton swabs/ cotton applicators
- Tweezers
- Penlight
- Thermometer
- Safety pins and sewing needles/thread
- Anti-bacterial towelettes
- Blood-stopper compresses
- Burn ointment
- CPR shield
- Triple antibiotic ointment
- Over the counter medication, pain relief and digestive aids

Pet Disaster Kit

Pets are family and need a disaster supply kit also.

- Identification tags with phone numbers for collars and/or harnesses.
- Leashes, harnesses and carriers to transport pets safely and securely.
- Water and food for seven (7) days
- Medication for seven (7) days
- Vaccination records, medical conditions, behavior problems, feeding schedule and veterinarian information stored in a waterproof container (needed if you have to board your pets).
- Current photo of your pets in case they get lost
- First aid kit
- Pet bed, toys and a few treats

