



Disasters can happen anywhere and at any time. By taking the time to create an emergency supplies kit, your family will be better prepared in the event of a disaster. The kit also helps children feel more secure knowing it is there in case of an emergency.

Your emergency supplies can be kept in a plastic tub, small suitcase, trash can, backpack, or other container.

Emergency Supplies Kit

- _ Water—one gallon per person per day for drinking and sanitation (3 day supply)
- _ Ready-to-eat-food, canned juices, comfort/stress foods (3 day supply)
- _ Battery-powered or hand-cranked radio and NOAA weather radio and extra batteries for both
- _ Flashlight and extra batteries
- _ First aid kit
- _ Non-prescription drugs (pain reliever, anti-diarrhea medication, antacid, laxative)
- _ Prescription medications, contact lenses/glasses and supplies, denture needs
- Whistle to signal for help
- _ Infant formula and diapers (if necessary)
- _ Water and pet foods (if necessary)
- _ Moist towelettes, garbage bags and ties for personal sanitation

- _ A complete change of clothing stored in a waterproof container
- _ Sleeping bag or blanket for each person
- _ Rain gear
- _ Mess kit, paper cups, plates and plastic utensils
- _ Cash, travelers checks, change
- _ Paper towels
- _ Tent
- _ Compass
- _ Matches in waterproof container
- _ Paper and pencil
- _ Personal hygiene items
- _ Soap
- _ Disinfectant and household bleach
- _ Important documents (insurance policies, identification, bank account information.
- _ Passport, credit card information
- _ Books, games, puzzles, portable music or video devices.

NOTE: Replace food every six months. Re-think your kit and family needs. Replace batteries and update clothes

My Personal Pack Checklist

Have children create their personal pack. Have them include things like their favorite book or toy. These familiar things will help keep them comfortable during an emergency.

- Change of clothes
- Blanket
- Books
- Favorite toy
- Paper, pencil, crayons



For more information please visit the following:
www.wilson-co.com
www.ready.gov
 Or call 252-399-2830