

## BUILD A KIT

An emergency kit is essential in the event of a disaster. You may need to survive on your own after an emergency. It's important to have essentials in a kit ready to go when disaster strikes.

Assemble your kit now. Make sure to include basic items your family may need during an emergency. Be sure to include food, water, and other essential supplies. You want to have enough food and water to survive on your own for a minimum of 72 hours.

Include the following items in your kit. Keep these items in a rugged backpack or bag and store in a place that easy to get to.

- Water – one to three gallons per person per day, for drinking, cooking and sanitary needs.
- Food – ready to eat, non-perishable, high-protein, high-calorie foods that you enjoy (peanut butter, canned meats, energy bars, canned fruits, etc.).
- Can opener
- First aid kit
- Batteries
- Flashlight
- Blankets or sleeping bag
- Extra clothing, shoes, and gloves
- Food for pets
- Extra cash for emergency purchases
- Large garbage bags and duct tape
- Warm clothes and rain gear for each family member
- Five days or more of critical medications, extra pair of eyeglasses or disposable contacts, and comfort items such as books, toys or games.