Now that your family has a plan, it’s time to build an emergency kit to use until help arrives. It’s vital to know that you may need to be on your own for several days after a disaster.

Having a comprehensive plan and ready-to-go emergency kit with food, water and essential supplies to sustain you and your family for at least 72 hours will help you to be prepared.

Make sure your emergency kit is stocked with all the necessary items your family will need.

The checklist in this section highlights basic necessities that are relatively inexpensive and readily available in stores.

As you’re preparing your kit, be sure to consider special and individual needs of your family, such as supplies for infants, pets, elderly and members with disabilities.

Don’t forget your pets in your emergency planning and preparation. Many evacuation facilities don’t allow pets other than service animals, so you should make prior arrangements with boarding facilities or veterinarians who provide pet shelter during emergencies. Make sure your pet’s paperwork is processed by them so the intake process during an emergency is shortened. Also consider what will happen to your pets if you and your family are away when disaster strikes. Designate a “pet buddy” (neighbor or family member) who will take care of them until you are able to retrieve them.

**Pet Emergency Kit:**

- Pet medications and medical records
- First aid kit: Cotton bandage rolls, bandages, scissors, antibiotic ointment, flea and tick prevention, latex gloves, isopropyl alcohol, saline solution, pet first aid book
- Strong leash, collar/harness with ID tag, muzzle
- Pet carrier
- Current photos of your pets in case they get lost
- Pet food, potable water, food and water bowls
- Dog waste bags, cat litter and litter pan
- Familiar items such as treats, toys, bedding, etc.

If you have large animals such as horses, cattle, sheep, goats or pigs:

- Make sure all your animals have some form of ID and you have a record of their name or ID number
- Preplan for a successful evacuation. Map out primary/secondary evacuation routes and share them with family and those who may help you during an evacuation
- Have reliable vehicles and trailers available to evacuate large animals.
- Pre-identify locations that will take your large animals. Make sure these locations have food, water and veterinary care.
- Make provisions for special dietary needs
- If evacuation is not possible, identify your next course of action.

In a disaster, your emergency kit will help you survive until help arrives.

Having a ready-to-go emergency supplies kit should be a priority for you and all members of your household.
Basic Disaster Supply Kit

- A copy of your Family Emergency Plan
- Water: One gallon of water per person per day for at least three days for drinking and sanitation
- Food: Minimum three-day supply of non-perishable food
- Tools: Wrench, pliers, shovel, knife, multi tool set
- Radio: Battery-powered or hand-cranked, NOAA weather radio with tone alert + extra batteries
- First aid kit
- Flashlight + extra batteries
- Whistle to signal for help
- Dust mask
- Moist towelettes, garbage bags, plastic ties, hand sanitizers
- Manual can and bottle opener
- Local maps
- Cell phones with chargers and backup battery

Personal papers

- Social Security numbers
- A copy of Social Security Card(s)
- Important addresses, phone numbers, email addresses
- Birth certificates or adoption papers
- Marriage certificate
- Citizenship and naturalization papers, passports
- Drivers licenses and state IDs
- Vaccination records, medication lists, blood types
- Court orders relating to divorce, child support, custody, alimony, or property division
- A document with all necessary prescription medication prescribed for each family member
- Wills (Last Will and Testament or Living Wills)
- Powers of attorney documentation
- Insurance policies/policy numbers, coverage limits, insurance agent contact information
- Bank account numbers, bank contact information
- Credit card account numbers, card company contact information
- Real estate documents (leases, deeds, mortgages, promissory notes, closing papers)
- Vehicle titles
- Bonds, stock certificates, sales contracts, financial agreements

Your family Emergency Kit should meet the specific needs of your household such as:

- Prescription medications
- OTC medications: pain relievers, antacids, etc.
- Glasses, contact lenses, contact lens solution
- Baby formula, bottles, diapers, wipes, rash cream
- Pet food and water for your pet
- Cash or traveler’s checks
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate, sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine and personal hygiene items
- Mess kits, paper cups, plates, paper towels, plastic utensils
- Paper and pencil
- Books, games, puzzles for children

In addition to your Emergency Plan and Basic Disaster Supply Kit, you should identify items needed for those with disability.

For people with hearing disabilities

- Weather radio with text display and flashing alert
- Extra hearing aid batteries
- TTY device
- Pen and paper for written communication

For people who are blind or have low vision:

- Mark emergency supplies with Braille labels or large print. Keep a list of your emergency supplies on a portable flash drive, or make an audio file that is kept where you can access it.
- Braille or deaf-blind communications device

For people with speech disability:

- Laminated cards with phrases and/or pictograms if your communication equipment is not working

For Individuals who need behavioral support:

- Plan positive distractions for children with disabilities or individuals with PTSD who may become distressed in chaotic situations.
- Handheld electronic devices with preloaded movies, music and games + extra batteries
- Sheets or small tents that can used to reduce visual stimulation and provide a safe and private space to decrease stress
- Noise-canceling headphones

For people with mobility disability

- If you use a power wheelchair, keep a lightweight manual chair as a backup
- Show others how to operate your wheelchair
- Extra battery for a power wheelchair and other battery-operated medical or assistive technology devices. Keep extra batteries on a trickle charger at all times. If you are unable to purchase an extra battery, research agencies, organizations or local charitable groups that can help you.
- Keep a patch kit or can of flat tire sealant and an extra inner tube if wheelchair or scooter tires are not puncture proof
- Backup mobility device such as a cane or walker
- If you use a seat cushion to protect your skin or maintain your balance and you must evacuate without your wheelchair, take your cushion with you

Additional tips for your kit:

- One-week supply of medication and dosage information
- Extra glasses or contact lenses
- List of needed specialized devices with serial numbers and operating instructions
- Copies of medical insurance and contact information of caregivers and doctors
- Pet food, extra collar with a tag, medical records and other information for service animals