



Emergency Kit Check List

Food and Water

- Water: three-day supply, one gallon per person per day
- Food: Choose foods that don't need to be refrigerated or cooked; high-protein such as energy bars, ready-to-eat soups, and peanut butter
- Tools: utensils, can opener, napkins, multi-purpose tool, work gloves

Emergency Gear

- Flashlight and extra batteries
- First-aid kit
- Radio or mobile device (battery or alternative-powered)

Personal Items

- Medications: prescription and over-the-counter medications
- Clothing, shoes, and blanket
- Sanitary supplies: toilet paper, diapers, feminine supplies, and personal-hygiene items.
- Copies of important documents
- Cash and coins: ATMs/credit cards may not work if the power is out
- Family contact information
- Pet supplies
- Multi-purpose tool, such as a Leatherman, and work gloves
- Comfort items, such as toys, games, family photos

Mini-Kit: car example

- Emergency gear: flashlight and extra batteries, first aid kit, car cell phone charger
- Food: bottled water and dried food such as granola bars
- Car gear: maps, tire repair kit, pump, booster/jumper cables, flares, and white distress flag
- Supplies for different seasons. Winter months: shovel, scraper, blanket; Summer months: sunscreen, shade items, etc.

Water

After a major disaster you may not have access to clean water. It is important to store plenty of extra water, and know how to access alternative sources of water.

Alternative sources of water include:

- Melted ice cubes
- Liquid in canned vegetables
- Water stored in your water heater—to drain, first shut off the gas or electricity supply, and turn off the water intake valve. Next open the drain at the bottom of the tank and turn on a hot water faucet in your house, to let air into the system.
- Water stored in your pipes—to drain, first shut off the main water valve for your home. Next, open a faucet at the highest level in your home to let the air into the plumbing and then take water from the lowest faucet in the house.
- Water can be purified by boiling for three to five minutes.

Review your supplies every six months. Replace any items nearing expiration dates. Assemble your kit or shop at [redcrossstore.org](https://www.redcrossstore.org).