



# Build a Disaster Supply Kit

Planning for self-sufficiency improves safety and comfort during disasters. An emergency supply kit with food, water, cash, medications, and essentials for at least 72 hours helps meet your family's basic needs while allowing first responders to focus on those most at risk. Prepare for both sheltering in place and evacuating, store supplies in portable airtight containers, and build your kit gradually to manage costs.

## Basic Disaster Supply Checklist

- Cash** (banks/ATMs may be unavailable)
- Water:** 1 gallon per person per day (3–7 days)
- Food:** 3–7 days of non-perishables (include special dietary needs; manual can opener)
- Basic meal supplies:** Paper goods and plastic utensils
- Radio:** Hand crank or battery-powered with extra batteries
- Light & power:** Flashlights, extra batteries, phone chargers, backup battery
- First aid & medications:** Prescriptions; list of medications, dosages, allergies
- Hygiene items:** Toiletries, wipes, sanitizer
- Clothing & bedding:** Seasonal clothing, sturdy shoes, blankets/sleeping bags
- Keys & important documents:** IDs, insurance cards, emergency contacts
- Tools & safety items:** Fire extinguisher, whistle, dust mask, wrench/pliers
- Infant/medical needs:** Formula, diapers, glasses/contacts as applicable
- Comfort items:** Books, games, toys
- Maps & paper supplies:** Maps, paper, pencils
- Water purification:** Household bleach and dropper

## Water Supply Is a Top Priority

Make your emergency water supply a top priority. Your requirements will vary depending on age, physical condition, activity, diet, and climate.

An active person needs at least two quarts of drinking water daily, so **store at least one gallon of water per person per day for a minimum of three days**. This amount will provide for drinking, cooking, and sanitary needs.

**Children, nursing mothers, and people with health issues will need more. Keep in mind that high temperatures can double the required water amount.**

Store your water in thoroughly washed plastic, fiberglass, or enamel-lined containers. Don't use containers that can break (like glass bottles) and never use a container that has held toxic substances. Plastic containers like soda bottles work, and camping stores offer various containers.

**Seal your water containers tightly and label and store them in a cool, dark place. Put a date on each container, a change stored water every six months.**

## Identify and Gather Important Documents

Collect your household documents, and create a photographic inventory of your household contents and valuables for an efficient insurance claims process.

- Insurance documents and ID cards
- Medical records
- Bank account numbers
- Social Security cards
- Deeds or mortgages
- Birth and marriage certificates
- Stocks and bonds
- Recent tax returns
- Wills and estate papers
- Emergency or hotline contact information
- Valuables and priceless personal items

Secure important documents by storing paper copies in a fire-resistant and waterproof safe or safety deposit box at home, or with a trusted contact. Keep encrypted digital copies on a secure drive or cloud service.

**Store your disaster kit, documents, and valuables in waterproof containers away from flood-prone areas like basements.**

## Pet Supplies Checklist

- Food & water: Two-week supply (~1 gallon water/day for large dogs)
- Carrier & restraints: Portable carrier, extra leash, collar/harness with ID
- Medical needs: Health records and medications (e.g., flea, tick, heartworm)
- Comfort items: Bedding, toys and treats
- Identification: Registration/adoption papers; consider microchipping
- Pet first aid: Basic supplies for minor injuries
- Sanitation: Litter/litter box or waste supplies, paper towels, trash bags
- Photo & description: Photo of you with your pet plus identifying details

## Keep Your Disaster Kit Fresh

- Rotate food and water every six months.
- Store non-perishables in a dedicated pantry area, keep canned goods cool and dry, and seal boxed foods in airtight containers.
- Maintain fresh batteries, use supplies regularly to avoid expiration, and review your kit annually.

## Create and Store Multiple Kits in Multiple Locations

Disasters can happen anywhere — at home, work, or on the road. Prepare emergency kits for each location.

- **Home:** Store in a well-known, accessible location.
- **Work:** Plan to shelter for at least 24 hours with food, water, medications, and comfortable shoes.
- **Vehicle:** Keep a basic emergency kit in every car.