

10 ESSENTIAL ITEMS YOU NEED FOR YOUR FAMILY EMERGENCY PREPAREDNESS KIT

1 WATER

Have one gallon per person per day to use for drinking, hygiene and cleaning as needed.



2 FOOD

Have a two week supply of non-perishable food per person. Try to pack foods that require no refrigeration, preparation or cooking.



3 CAN OPENER

Make sure it is a manual can opener in case there is no electrical power. Consider buying items with a pull-top opening.



4 MEDICATIONS

Collect one month's worth of any prescription medicines you are taking. Include non-prescription fever/pain reliever, antacids, anti-diarrheal items, etc., in your stockpile.



5 PERSONAL CARE ITEMS

Collect the basics like soap, toilet paper, toothbrush, hand sanitizer, cleaning supplies, bleach, garbage bags and feminine products.



6 FLASHLIGHT

Keep a bright flashlight in case there is no electrical power. Consider getting a lantern-style light for hands-free use.



7 RADIO

Have a battery-powered radio for listening to news and weather. Consider buying a crank-operated or solar-powered radio.



8 CLOTHES

Collect extra per person and consider packing blankets, rain gear and outerwear.



9 FIRST AID

Include basics, such as antiseptic, gloves, a variety of bandage sizes, thermometer, and protective masks. You can buy a pre-made kit at most pharmacies or grocery stores.



10 IMPORTANT DOCUMENTS

Collect copies of driver licenses, social security cards, birth certificates, mortgage papers, insurance policies, etc. and keep electronic copies on a flashdrive.