

Emergency Preparedness Kit—Individual

- Water One gallon of water per person per day for at least 3 days
- Food At least a 3 day supply of non-perishable food
- Flashlight and Extra Batteries
- Candles or battery operated heat source
- Battery or Hand Crank Radio
- Blanket
- First Aid Kit
- Emergency Whistle
- Dust Mask to help filter potentially contaminated air
- Plastic sheeting and duct tape for sheltering in place (Recommend: 4 to 6 mil or greater)
- Moist Towelettes, Garbage Bags, and Plastic ties for personal sanitation
- Wrench or Pliers to turn off utilities
- Manual Can Opener
- Local Maps
- Battery Operated cellphone charger
- Plastic Tote or Backpack



An emergency can happen fast and can be localized to a few people or affect large groups of individuals. For this reason, you should always be prepared to help yourself. One way to ensure that you are able to take care of yourself until help arrives is to have a pre-made preparedness kit. An individual should have enough supplies in their preparedness kit to sustain themselves for 3 days or 72 hours.

Preparedness kits should be tailored to the individual and may need to include extra items such as glasses, contacts, medications, and medical ID bracelets. Other items that should be included in a preparedness kits include: cash, insurance cards, photo identification, important documents, and extra house and car keys.

Preparedness kits should be kept in your home, at work, and in your car. You never know when an emergency event may occur and you should be prepared!



Emergency Preparedness Kit—Families with Infants & Children



- Books, Battery Operated Games, Puzzles
- Comfort item— Favorite Stuffed Animal or Blanket
- Paper, Pencils, Crayons, and/or Markers
- Identification Card For Each Child
- Well Stocked Diaper Bag
- Powered Infant Formula (at least 48 scoops for both breastfeeding and non-breastfeeding mothers)
- 2-5 Baby Bottles and Nipples or 2-3 Sippy Cups
- 1-2 Boxes of Nursing Pads
- Burp Rags
- Infant/Children's Pain Reliever
- Toddler Snacks
- Thermos (To keep formula)
- Medical Information For Each Child
- Emergency Contacts

This list provides additional items for families with infants and children. When planning your emergency kit, be sure to plan for in the event that you have to evacuate your immediate area. Items should be packed together and placed in an area so they can be retrieved quickly.

Due to the high stress that infants and children may be under during an emergency, comfort items are a necessity. Avoid using electronics as these items in case there is no electricity.

Check the dates of formula, snacks, and medications periodically to ensure that they are still good. Update emergency kits as your infants grow to better suit their ages.

