

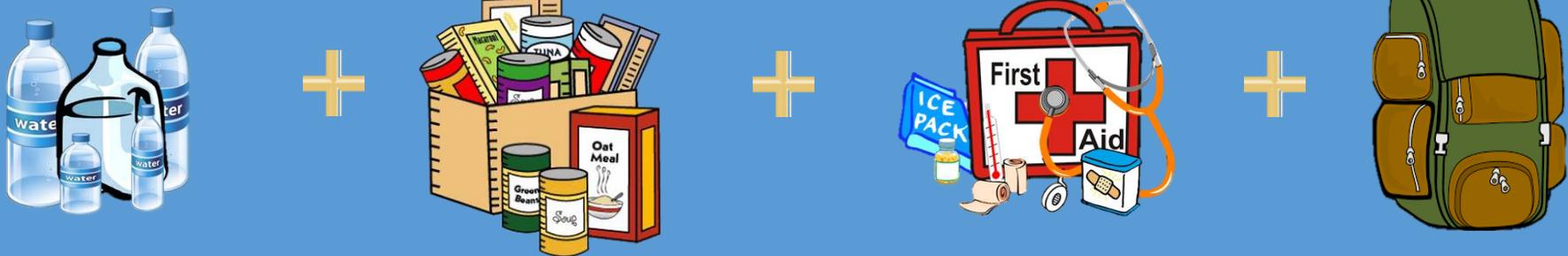
# May: Build a Kit Month!

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water and other supplies to last for up to 2 weeks. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets, or seniors.

## How to Build an Emergency Kit

Putting together an emergency kit can seem like a daunting task, but it doesn't have to be! A few hours of preparation can mean the difference between survival and catastrophe during a disaster.



**WATER:** You need to have at least 2 gallons of water stored for each person, for each day of a disaster. Good ideas for water storage are your hot water tank and/or rain barrels. A cheap water filter makes both of those storage options drinkable. \*Don't forget your pets!

**FOOD:** On average you need 2000 calories of food for each human for each day. Non-perishable foods are ideal for emergency kits. You want meals with good amounts of protein, carbs and fats. Don't forget comfort foods. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils. Pudding, peanut butter, and candy can help improve spirits during a disaster. Most store-bought food will store for 6 months to a year in a cool dry place. Make sure you also have enough food for your pets!

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**FIRST AID KITS AND MEDICATIONS:** Along with a first aid kit large enough for your family, you will want at least 2 weeks of prescription medicines, along with a list of all medications, dosage, and any allergies. Extra eyeglasses and hearing-aid batteries are a must if you need them. Extra wheelchair batteries (manual wheelchair if possible) and/or oxygen as needed is critical. A list of the style and serial number of medical devices utilized in your home are important as well as any special instructions for operating your equipment if needed. Don't forget copies of medical insurance and Medicare cards, contact information for doctors, relatives or friends who should be notified if you are hurt.

**STORAGE:** When assembling your kit, store items in airtight bags, and then store them in a cool place in a back pack or duffle bag for easy travel or removal!



**LOCATIONS:** Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.

**Home:** Keep a kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

**Work:** Keep a separate Kit at work. Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes, stored in a “grab and go” case.

**Vehicle:** You want to keep a 3<sup>rd</sup> kit I your car. In case you are stranded, keep a kit of emergency supplies in your car.