

## 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 at least **72 hours**. Most of the items recommended for a disaster supply kit are inexpensive and easy to find, and any one of them could **save your life**.

### Other items you may want to add to your emergency supply kit:

- Prescription medications and glasses.
- Infant formula and diapers.
- Pet food and extra water for your pet.
- Important family documents.
- Cash and change.
- Emergency reference material (e.g., a first aid book or information from [Ready.gov](https://www.ready.gov)).
- Sleeping bag or warm blanket for each person; you may need extra bedding if you live in a cold climate.
- Complete change of clothing, including a long-sleeved shirt, long pants, and sturdy shoes.
- Water purification system.
- Fire extinguisher.
- Personal feminine hygiene products.
- Camping mess kits for cooking, paper cups, plastic plates and utensils, and paper towels.
- Paper and pencil.
- Books, games, puzzles, or other activities for children and adults.
- Cleaning supplies, soap, and hand sanitizer that has at least 60 percent alcohol.

This list serves **only as a guide**. Consider additional factors such as ages, diets, health,

mobility, and the local climate. For additional resources, please visit [Ready.gov](https://www.ready.gov).

Since you do not know where you will be when an emergency happens, prepare supplies for home, work, and vehicles. Have separate, smaller sets of emergency supplies for your vehicle and workplace to last at least 24 hours in case you need to stay where you are. Include any essential medications in all supply kits.



**Home:** Keep this 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.



**Office:** Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water, comfortable walking shoes, and other necessities like medicines.



**Vehicle:** In case you become stranded, keep a kit of emergency supplies in your car.

After putting together your emergency supply kits, check your needs every six months. Update your kit regularly, especially as your family's needs change, to ensure it is ready and safe when disaster strikes.

### Maintain your kit by taking the following actions:

- Keep canned foods in a dry, cool place.

- Throw out any canned good that is expired or has become swollen, dented, or corroded.
- Use foods before they go bad and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Keep items in airtight plastic bags and put your entire disaster supply kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

Store commercially bottled water with your kit, not tap water. For more information about clean drinking water and how to sanitize water if no clean water is available, visit [Ready.gov](http://Ready.gov).

## Prepare Your Critical Documents

It is important to find and gather your valuables and information that will help you recover quickly and effectively after a disaster. Collect these documents and make a list of your household belongings and valuables. This is a critical step because you may need this inventory list for insurance records.

### **An overview of the items you should keep track of is below:**

- Household identification documents such as property deeds or leasing agreements.
- Financial and legal documents like bank statements and paystubs.
- Medical information and proof of insurance, including medical records and your doctor's contact information.
- Emergency or hotline contact information.

For a more detailed checklist and tips to help you prepare financially, read the [Emergency Financial First Aid Kit](#).



Once you have put together your financial, legal, and contact information, it is important to protect it. Keep paper copies of these documents at home in a fire- and waterproof box or safe, in a bank safe deposit box, or with a person you trust. Keep electronic copies of these documents in a password protected, encrypted format on a removable flash or external hard drive in your fire- and waterproof box or safe, or use a secure cloud-based service.