



# WHAT SHOULD BE IN AN EMERGENCY KIT

## BUILDING YOUR OWN KIT



### FOOD AND WATER

- 72 HOURS MINIMUM SUPPLY
- 4 LITERS OF WATER PER PERSON, EACH DAY
- MINIMUM 1200 CALORIES OF FOOD PER PERSON, EACH DAY
- PACK NON-PERISHABLE OPTIONS
- FREEZE DRIED MEALS CAN LAST 25 YEARS IN STORAGE
- PACK A CAN OPENER, STOVE, POTS, AND UTENSILS AS REQUIRED



### OTHER ESSENTIALS

- FLASHLIGHT
- WHISTLE
- BATTERY-POWERED RADIO
- EXTRA BATTERIES
- FIRST AID KIT
- MEDICATIONS
- MULTI-PURPOSE TOOL
- SANITATION AND PERSONAL HYGIENE ITEMS



### ALSO CONSIDER:

- EMERGENCY TOILET
- BACKUP GENERATOR
- MRES - HOT MEALS TO GO
- BABY ITEMS
- PET SUPPLIES
- CASH (SMALL BILLS)
- SPARE CLOTHING
- SHOVEL
- TARP

