



# EMERGENCY KITS

To prepare your family for an emergency, assemble one or more emergency kits that include enough supplies for at least three days. Think of items that have multiple uses and are long lasting. Keep a kit prepared at home and consider also having kits in your car, at work, and a portable version in your home ready to take with you. These kits will enable you and your family to respond to an emergency more quickly. Your emergency kits will be useful whether you have to shelter in place or evacuate.

## What to Put in Your Basic Home Kit

### Necessary Items

- Water—at least one gallon per person per day for at least three days
- Food—nonperishable food for at least three days; select items that require no cooking, preparation, or refrigeration such as high energy foods and ready-to-eat canned meat, vegetables, fruit
- Manual can opener (if the food is canned), preferably on a multi-tool
- Reusable plates, cups, utensils, saucepan (a metal bowl can double as a cup or plate)
- First aid kit
- Prescription medications and medical equipment/care aids
- N95- or N100-rated dust masks
- Garbage bags and plastic ties, personal sanitation items.
- Hand-crank or battery-operated flashlight
- Hand-crank radio or battery-operated cell phone charger
- All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
- Extra batteries at the size required
- Brightly colored plastic poncho (can be used as shelter, clothing or a marker)
- Weather appropriate clothing to keep your family warm and dry
- Cash in the local currency
- Any tools needed for turning off utilities
- Local maps and your family emergency plan
- Important documents, including will, medical and financial power of attorney, property documents, medical instructions
- Emergency preparedness handbook
- Your command reporting information –Have access and know the Army Disaster Personnel Accountability and Assessment System (ADPAAS)

### Additional Items

- Infant formula and diapers if you have young children
- Consider items needed for family members with special needs
- Pet supplies, including food, water, medication, leash, travel case and documents
- Sleeping bag or other weather-appropriate bedding for each person
- Disinfectant
- Matches or flint in a waterproof container
- Coats, jackets and rain gear
- Fire extinguisher

- Paper and pencil
- Books, games, puzzles, toys and other activities for children
- Any items necessary for a specific type of disaster

#### **Additional items that can be essential for those stationed abroad:**

- Passports
- Birth abroad certificates for children born overseas
- Cash in the local currency
- Card with local translations of basic terms
- Electrical current converter

#### **Portable Emergency Kit**

- Take this kit with you when you are ordered to evacuate.
- Place items in a designated area that will be easily accessible in the event of an emergency.
- Make sure every member of your family knows where the kit is.
- If you are required to shelter in place, keep this kit with you.
- Consider adding enough supplies to last two weeks.

#### **Workplace Emergency Kit**

- This kit should be in one container to be kept at your workstation in case you must evacuate from work.
- Make sure you have comfortable walking shoes at your workplace in case you have to walk long distances.
- This kit should include at least food, water and a first aid kit.
- Make sure you include your family's communications procedure.

#### **Vehicle Emergency Kit**

- In the event that you are stranded while driving, keep this kit in your vehicle at all times.
- This kit should contain at a minimum food, water, a first aid kit, signal flares, jumper cables and seasonal clothing (coats, rain gear).
- Make sure you include your family's communications procedure.

#### **Maintaining Your Kit**

- Routinely evaluate your kits and their relevance to the threats in your area.
- Throw away and replace any expired or damaged medications, food or water.

#### **Where to Find Additional Information**

- Federal Emergency Management Agency (FEMA): <https://www.ready.gov/build-a-kit>
- American Red Cross: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>
- Ready Army: [www.army.mil/ready](http://www.army.mil/ready)

**It's up to you. Prepare strong. Develop an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen. These fact sheets are intended to supplement predetermined plans and policies. Follow state, local, installation and command guidance related to threats and hazards.**



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