

DisasterPrep Emergency Kit Guide

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Prepared by DisasterPrep - April 2025

This guide provides a comprehensive checklist to help you build an emergency kit for disaster preparedness. Ensure you have enough supplies for at least 72 hours.

Basic Supplies

- Water: 1 gallon per person per day (3-day minimum)
- Food: Non-perishable items (e.g., canned goods, energy bars) for 3 days
- Manual Can Opener: For accessing canned food
- Flashlight: With extra batteries
- First-Aid Kit: Bandages, antiseptic, pain relievers, and personal medications
- Whistle: To signal for help
- Dust Mask: To filter contaminated air
- Moist Towelettes: For personal hygiene
- Garbage Bags: For sanitation and waste
- Wrench or Pliers: To turn off utilities
- **Local Maps: Paper versions for navigation

Clothing and Bedding

- Sturdy Shoes: For protection
- Warm Clothing: Jacket, hat, gloves (weather-appropriate)
- Blankets or Sleeping Bags: One per person
- Rain Gear: Poncho or waterproof jacket

Important Documents

- Identification: Copies of ID, passport, and insurance policies
- Medical Records: List of allergies and medications
- Emergency Contacts: Written list or card
- Cash: Small denominations and coins

Special Items

- Baby Supplies: Formula, diapers, bottles (if applicable)
- Pet Supplies: Food, water, leash (if applicable)
- Prescription Eyeglasses: Extra pair
- Hearing Aids: Batteries or spares

Safety and Tools

- Fire Extinguisher: Small, portable
- Matches: In a waterproof container
- Multi-Tool: Swiss army knife or similar
- Duct Tape: For repairs or sealing

Preparation Tips

- Store items in an easy-to-carry container (e.g., backpack or duffel bag)
- Check and rotate supplies every 6 months
- Keep the kit in an accessible location
- Customize based on your family's needs

For more resources, visit DisasterPrep online or contact us at support@disasterprep.org.

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