

DisasterPrep Emergency Kit Guide

Prepared by DisasterPrep - April 2025

This comprehensive guide from DisasterPrep is designed to help individuals and families stay ready for emergencies. Be prepared to sustain yourself and your loved ones for at least 72 hours during a disaster or emergency situation.

Basic Supplies

- Water: 1 gallon per person per day (minimum of 3 days)
- Food: Non-perishable items (canned goods, energy bars, freeze-dried meals)
- Manual Can Opener: For accessing canned food
- Flashlight: With extra batteries or hand-crank type
- First-Aid Kit: Bandages, antiseptic, pain relievers, tweezers, and prescription meds
- Whistle: To signal for help
- Dust Mask or N95 Respirator: To filter contaminated air
- Moist Towelettes & Hand Sanitizer: For hygiene
- Garbage Bags & Plastic Ties: For sanitation and waste
- Wrench or Pliers: To turn off gas, water, and other utilities
- Paper Maps: Local area maps for navigation
- Glow Sticks: Safer alternative for light during gas leaks

Clothing and Bedding

- Sturdy Shoes or Boots: For debris-filled terrain
- Warm Clothing: Layered outfits, hats, thermal underwear
- Blankets or Sleeping Bags: One per person (weather-appropriate)
- Rain Gear: Waterproof jacket, poncho, or tarp

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- Extra Socks and Underwear: For cleanliness and comfort
- Face Masks & Gloves: For sanitation or debris cleanup

Important Documents

- Identification: Copies of IDs, passports, and driver-s licenses
- Insurance Documents: Health, home, and vehicle
- Medical Records: List of prescriptions, allergies, and history
- Emergency Contacts: Printed and laminated list
- Cash: Small bills and coins (ATMs may not work)
- USB Drive: With digital copies of essential documents
- Notebook & Pen: To record events or instructions

Special Items

- For Babies: Formula, diapers, wipes, bottles, baby food
- For Pets: Food, water, leash, vaccination records
- Eyeglasses & Hearing Aids: Extras and spare batteries
- Entertainment: Cards, books, games for stress relief
- Comfort Items: Photos or stuffed animals for children

Safety and Tools

- Fire Extinguisher: Small and multi-purpose (Class ABC)
- Matches or Lighter: In waterproof container
- Multi-Tool or Pocket Knife: For various tasks
- Duct Tape & Plastic Sheeting: For quick repairs or sealing

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- Emergency Radio: Hand-crank or battery-powered with NOAA alert
- Zip Ties & Rope: For securing items or emergency use
- Work Gloves: For debris cleanup or heavy lifting

Emergency Planning Tips

- Practice Family Drills: Fire, earthquake, flood, and evacuation plans
- Identify Safe Zones: Inside your home and outside your neighborhood
- Communication Plan: Agree on meeting spots and emergency contacts
- Update Regularly: Refresh your kit every 6 months
- Special Needs Plan: Account for elderly, disabled, or chronically ill family members

Storage Recommendations

- Store your kit in an easy-to-carry container (backpack, bin, or duffel bag)
- Keep one at home, one in your car, and one at your workplace if possible
- Label all kits with date prepared and refresh deadlines

For more guides and emergency preparedness resources, visit us at:

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