



Gather the following items for your emergency preparedness kit, pack them in one or more waterproof containers, and update your kit regularly by replacing anything that's outdated or has been used:

- **Food and Water:**
 - One gallon of water per day, per person, plus extra for pets
 - Non-perishable food that requires little or no preparation, including baby food, infant formula, and pet food and bowls, if needed.
 - You should have on hand a two-week supply of food and water for home use, or a three-day supply to take with you if you need to evacuate.
 - Filling your sinks and bathtubs with tap water just before a storm hits will provide you with water for cleaning, washing clothes and flushing the toilet.
- **Manual Can Opener**
- **First Aid Kit:**
 - Follow the [Red Cross recommendations for a well-stocked first-aid kit](#).
- **Hand-Crank or Battery-Powered Radio and Extra Batteries:**
 - The Red Cross recommends an NOAA weather radio.
- **Two-Way Radios**
- **Flashlights and Extra Batteries**
- **Medications:**
 - A one-week supply and copies of all prescriptions.
 - Keep a list of medications on hand.
 - Include pet medications, as needed
- **Medical Equipment:**
 - Hearing aids and batteries
 - Eyeglasses and contact lenses
 - Syringes
 - Assistive Devices
- **Personal Items:**
 - Soap, hand sanitizer, toothbrushes, toothpaste, toilet paper, moist towelettes, face masks and towels, for example
- **Infant Diapers**
- **Pet Collars and leashes**
- **Sanitation Supplies:**
 - Bleach, paper towels and household disinfectant
- **Personal Documents:**
 - Important documents like birth certificates, drivers' licenses, passports, credit cards, bank account numbers and other financial information, medical records, property records and emergency contact information.
- **Multi-purpose tool**
- **Scissors**
- **Plastic Sheeting**
- **Duct Tape**
- **Work Gloves**
- **Matches or a Lighter**
- **Whistle**
- **Cell phones and chargers**
- **Extra Cash**
- **Emergency Blankets**
- **Extra Clothes and Shoes, including Rain Gear**
- **A Map of the Area**
- **Children's Toys and Comfort Items**