

Disaster Emergency Kits – Are you prepared?

Since you don't know where you'll be when an emergency occurs, prepare supplies for home, work and your car. You should customize your kit to suit you and your family members' needs. For Hawaii supplies should last 14 days per person.

HOME

- ❖ This kit should contain essential food, water and supplies for at least 14 days.
- ❖ Keep this kit in a designated place and have it ready in case you have to leave your home quickly.
- ❖ Make sure all family members know where the kit is kept.

WORK

- ❖ This kit should be in one container and ready to grab in case you are evacuated from your workplace.
- ❖ Make sure you have food and water in the kit.
- ❖ Be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.

CAR

- ❖ In case you are stranded, keep a kit of emergency supplies in your car.
- ❖ This kit should contain food, water, first aid supplies, flares, jumper cables and seasonal supplies (e.g., blankets for winter).

WATER AND NONPERISHABLE FOOD

- Water:** at least one gallon of water for each person per day. Individual needs vary depending on age, physical condition, activity, diet and climate.
- Grains:** crackers, dry bread sticks, pretzels, rice cakes, breakfast cereals, nutritional bars, etc.
- Fruits and vegetables:** canned fruit/vegetables, soups, applesauce, dried fruit (raisins, apricots), juice, etc.
- Milk and dairy items:** shelf-stable milk, powdered milk, puddings, nutritional drinks (e.g., Ensure), etc.
- Meat and beans:** canned tuna/chicken/turkey, soup with beans or meat, canned beans, peanut butter, nuts, etc.
- Quick energy snacks:** trail mix, granola, fruit bars, cookies, hard candy, lollipops, instant coffee, tea bags, etc.

TOOLS AND SUPPLIES

- | | |
|--------------------------------------------------------------------------------|------------------------------------------------------------------------------------|
| <input type="checkbox"/> Flashlight with extra batteries | <input type="checkbox"/> Dentures and related needs |
| <input type="checkbox"/> Nonelectric can opener | <input type="checkbox"/> Cash or traveler's checks, change |
| <input type="checkbox"/> Plastic/paper cups and plates, plastic utensils | <input type="checkbox"/> Blankets, pillows, towels |
| <input type="checkbox"/> First aid kit | <input type="checkbox"/> Toilet paper, moist towelettes |
| <input type="checkbox"/> Prescription drugs (heart medication, insulin, etc.) | <input type="checkbox"/> Soap, liquid detergent |
| <input type="checkbox"/> Nonprescription drugs (pain relievers, antacid, etc.) | <input type="checkbox"/> Personal hygiene items and feminine supplies |
| <input type="checkbox"/> Eyeglasses, contact lenses and supplies | <input type="checkbox"/> Plastic garbage bags, ties (for personal sanitation uses) |

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IMPORTANT FAMILY DOCUMENTS

- Will, insurance policies, contracts, deeds, stocks and bonds.
- Passports, Social Security cards
- Immunization records
- Bank account numbers, credit card account numbers
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

ACTIVITIES FOR KIDS

Prepare some toys and belongings so your kids will have things to do. Place them in a small backpack or duffel bag.

- A few of their favorite books
- Crayons, pencils or markers and plenty of paper
- Scissors and glue
- A favorite toy (doll, action figure, stuffed animal, etc.)
- A board game, deck of cards or puzzles
- A favorite blanket or pillow
- Pictures of the family and pet

BABY NEEDS

- Bottles and formula (liquid or powdered)
- Diapers and baby wipes
- Medications

PET SUPPLIES

- | | |
|---------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <input type="checkbox"/> Proper identification, including a picture of your pet | <input type="checkbox"/> Cat litter |
| <input type="checkbox"/> Immunization records | <input type="checkbox"/> Toys |
| <input type="checkbox"/> Ample supply of food and water | <input type="checkbox"/> Blanket |
| <input type="checkbox"/> A carrier, crate or cage, collar, muzzle and leash | <input type="checkbox"/> Cleaning supplies (newspaper, plastic bags with ties, etc.) |

MAINTAINING YOUR DISASTER SUPPLY KIT

Once your supplies are put together, you must maintain them so they are safe to use when needed.

- ❖ Keep canned foods in a dry place where the temperature is cool.
- ❖ Store boxed foods in tightly closed plastic or metal containers to protect them from pests and to extend their shelf life.
- ❖ Throw out canned goods that are in swollen, dented or corroded cans.
- ❖ Use foods before they go bad, and replace them with fresh supplies. Place new items at the back of the storage area and older ones in the front.
- ❖ Change stored food and water supplies every six months. Be sure to write the date you store it on each container.
- ❖ Rethink your needs every year and update your kit as your family's needs change.
- ❖ Keep items in airtight plastic bags and put your entire kit in one or two easy-to-carry containers, such as an unused trash can, camping backpack or duffel bag.