

# Prepare a 7 Day Disaster Survival Kit

You should plan to be self-sufficient for at least 7 days during and after a disaster. Be prepared also for the fact that you may not have water, electricity, or other utilities for several days. Therefore, to ensure your comfort, it is recommended that you assemble the following items and have them readily available.

**IMPORTANT:** If you evacuate, always take the survival kit with you, even if you are going to the home of a friend, family member, motel or emergency shelter.

## Battery Operated Items

- |   |   |
|---|---|
| <input type="checkbox"/> Radio                    | <input type="checkbox"/> Fresh batteries          |
| <input type="checkbox"/> Flashlights (no candles) | <input type="checkbox"/> Cell Phone Charger/Cords |

## Clothing

- |  |  |
|--|--|
| <input type="checkbox"/> Rainwear                | <input type="checkbox"/> Shoes/Boots                       |
| <input type="checkbox"/> Two changes of clothing | <input type="checkbox"/> Face masks for each family member |

## Food and Water

- |  |   |
|--|---|
| <input type="checkbox"/> Canned foods and non-perishable items (canned tuna/chicken/ham, vegetables, crackers, snacks) |   |
| <input type="checkbox"/> Water in non-breakable containers (1 gallon per day per person)                               |   |
| <input type="checkbox"/> Special dietary foods, if required  | <input type="checkbox"/> Napkins, paper towels                              |
| <input type="checkbox"/> Manual can opener   | <input type="checkbox"/> Paper plates, hot drink cups, and plastic utensils |

## Entertainment/Stress Relievers

- |   |                                    |
|---|------------------------------------|
| <input type="checkbox"/> Books                    | <input type="checkbox"/> Cards     |
| <input type="checkbox"/> Games                    | <input type="checkbox"/> Magazines |
| <input type="checkbox"/> Music/earbuds/headphones |                                    |

## Personal Items

- |   |  |
|---|--|
| <input type="checkbox"/> First Aid Kit (stocked & checked beforehand)   | <input type="checkbox"/> Whistle                                   |
| <input type="checkbox"/> Toiletries and personal hygiene items  | <input type="checkbox"/> Face mask or cotton t-shirt to filter air |
| <input type="checkbox"/> Toilet Paper   | <input type="checkbox"/> Plastic sheeting, tarps, duct tape        |
| <input type="checkbox"/> Towels (including bath, kitchen and paper towels)                                    | <input type="checkbox"/> Work Gloves                               |
| <input type="checkbox"/> Soap and Shampoo   | <input type="checkbox"/> Hand sanitizer and disinfecting wipes     |
| <input type="checkbox"/> Medications (two (2) week supply, remember to store according to label instructions) |  |

## Valuables (Place in a waterproof container)

- |   |  |
|---|--|
| <input type="checkbox"/> Identification, e.g. driver's license              | <input type="checkbox"/> Cash (credit cards may not be usable)   |
| <input type="checkbox"/> Extra set of house and car keys                    | <input type="checkbox"/> Credit Cards (separate list of numbers) |
| <input type="checkbox"/> Insurance policies                                 | <input type="checkbox"/> Wills                                   |
| <input type="checkbox"/> Valuable papers that are not in a safe deposit box |  |
| <input type="checkbox"/> Memorabilia, i.e., photographs and video tapes     |  |

## Other Items

- |   |  |
|---|--|
| <input type="checkbox"/> Maps                               | <input type="checkbox"/> Ice chest and ice packs |
| <input type="checkbox"/> Plastic bags for storage and waste | <input type="checkbox"/> Pillows *               |
| <input type="checkbox"/> Blankets *                         | <input type="checkbox"/> Air Mattress *          |
| <input type="checkbox"/> Air Pump *                         | <input type="checkbox"/> Folding Chairs *        |

**\* Essential if you evacuate to a public shelter**

Also note that during an emergency, ATM Machines at banks may not be working and/or out of money, banks may be closed, and credit cards may not be working. Therefore, it is suggested that you keep enough cash to cover at least a few weeks of expenses.