



# EMERGENCY PREPAREDNESS KITS CHEAT SHEET

## HOME KIT

- Water — one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food — non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home) and Can Opener
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items, Prescription glasses
- Multi-purpose tool
- Sanitation, personal hygiene items, and feminine supplies
- Copies of personal documents in a waterproof, portable container (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Family and emergency contact information
- Extra cash
- Emergency blanket, sleeping bag or warm blanket for each person.
- Map(s) of the area
- Infant formula and diapers
- Pet food and extra water for your pet
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Change of clothing (a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate. )
- Household chlorine bleach and medicine dropper - 9 parts water to 1 part bleach, bleach can be used as a disinfectant. 16 drops of regular household liquid bleach per gallon of water for drinking (emergency only). Do not use scented, color safe or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

## CAR KIT

- Water (you can purchase water in boxes or aluminum pouches through emergency supply stores)
- Food — non-perishable (choose items that you might eat on a daily basis- Granola bars, trail mix, etc, so you can eat them if hungry on a road trip, and then rotate/replace them)
- Water Purifying Tablets
- Flashlight
- Extra batteries
- First aid kit
- Multi-purpose tool
- Sanitation, personal hygiene items, and feminine supplies
- Family and emergency contact information
- Emergency blanket, sleeping bag or warm blanket for each person.
- Map(s) of the area
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Change of clothing (a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate. )
- Fire Extinguisher
- Leather Gloves
- Jumper Cables
- Wet Naps Hand Cleaners
- Whistle
- Paper and pencil

## DESK KIT

- Water (you can purchase water in boxes or aluminum pouches through emergency supply stores)
- Food — non-perishable (choose items that you might eat on a daily basis- Granola bars, trail mix, etc, so you can eat them if hungry, and then rotate/replace them)
- Lightstick or flashlight
- Whistle
- Dust mask

## NOTES

- This is not a complete list of items you can/should have in your emergency supply kits. Please remember to think about your needs and the needs of those people in your care while developing your emergency kits.
- It can be expensive to create kits, so buy one item every month for your kit. One more item in the kit is one more resource you will have at your disposal during an emergency. Buy items at thrift stores or dollar stores if possible.
- Rotate your food and water supply at least every six months. A good way to remember is to select months to rotate which have vacation time, such as June/December or July/January.
- Remember to create a family/household plan—so all members know what to do where to report and who to call during an emergency situation.
- In all situations, **THINK** about the best course of action. **COMMUNICATE** the plan of action to those around you and get them to **MOBILIZE** quickly for their safety.

For more information contact  
**Sherry Colgan Stone**

Emergency Planning and  
Preparedness Coordinator

[sherry.stone@rcc.edu](mailto:sherry.stone@rcc.edu)