



EMERGENCY PREPAREDNESS KIT



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Water, food and clean air are essential items for survival. Each individual or family kit should be customized to meet specific needs, such as medications and infant formula. It should also include important family documents.

For your "PEACE" of mind, Yale New Haven Center for Emergency Preparedness and Disaster Response encourages you to use the following checklist to develop an emergency preparedness kit to ensure you are ready at home or at work in case a disaster strikes:

The following supplies are recommended for your home or work emergency preparedness kit:

- Water, one gallon per person per day
- Food, at least a three-day supply of non-perishable food
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Scissors and tweezers
- Dust mask or cotton t-shirt, to help filter air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Plastic sheeting and duct tape to shelter-in-place
- Infant formula and diapers (if you have an infant)
- Pet food (if you have a pet)
- Garbage bags and plastic ties for personal sanitation
- Analog phone/landline

Other items to consider for your supply kit include:

- Emergency reference material such as a first aid book or a copy of this list
- Rain gear
- Mess kits, paper cups, plates and plastic utensils and paper towels
- Cash, traveler's checks or change
- Fire extinguisher
- Tent
- Compass
- Matches in a waterproof container
- Signal flare
- Paper and pencil
- Prescription medications
- Medicine dropper
- Feminine supplies
- Personal hygiene items
- One complete change of clothing and footwear per person
- Disinfectant
- Household bleach

You can use bleach as a disinfectant. (Dilute 9 parts water to 1 part bleach) or to purify water (use 16 drops of regular household liquid bleach per gallon of water). Do not use scented, color safe or bleaches with added cleaners.

- Important family documents
Keep copies of important family records such as health records, birth certificates, passports, insurance policies, identification and bank account records in a waterproof, portable container.



Center for Emergency Preparedness and Disaster Response

