

Building a DISASTER SUPPLY KIT

Preparing for emergencies starts with having a disaster supply kit. Whether you're facing a hurricane, wildfire, or other unexpected event, a well-stocked kit can make all the difference in ensuring your safety and comfort. The good news is that your kit doesn't have to be elaborate—it can range from something very basic to more comprehensive, depending on your needs and resources.

At its core, every disaster supply kit must include the essentials: water, food, first aid supplies, and tools to address immediate survival needs. These items form the foundation of any kit and should be prioritized. From there, you can customize your kit to include additional items that suit your family's unique requirements, such as medications, pet supplies, or comfort items.

Whether you're starting small or building an advanced emergency kit, the key is to ensure it's practical, accessible, and tailored to your situation. Remember: the most important thing is to be prepared. Even a basic kit can provide peace of mind and critical support when disaster strikes.

Start building your kit 

Use this checklist to prepare your kit



WATER / FOOD / MISC.

WATER

- ☐ At least one gallon per person per day for drinking, cooking, and hygiene. Aim for a three-day supply for evacuation and a two-week supply for staying at home.
- ☐ Refillable water bottle

FOOD

- ☐ Non-perishable, easy-to-prepare items like canned goods, energy bars, peanut butter, and dried fruits.
- ☐ Baby formula & baby food.
- ☐ Don't forget about the pets: food, bowls, leashes, and any medication
- ☐ Aim for a three-day supply for evacuation and a two-week supply for staying at home.

MISCELLANEOUS

- ☐ Manual can opener
- ☐ External harddrive/thumb drive: consider having photos and important documents backed up onto a harddrive or thumb drive
- ☐ A deck of playing cards / games
- ☐ Blank pad of paper and pencil(s)
- ☐ Two-way radios
- ☐ Extra set of car & house keys

FIRST AID & HYGIENE

WOUND CARE

- ☐ Antiseptic wipes or alcohol pads
- ☐ Sterile bandages, gauze pads & medical tape (*various sizes*)
- ☐ Antibiotic & burn ointments
- ☐ Gloves (*latex-free*)

PERSONAL SANITATION

- ☐ Soap and hand sanitizer
- ☐ Toothbrush and toothpaste
- ☐ Toilet paper
- ☐ Moist towelettes (*baby wipes*)
- ☐ Feminine hygiene products

MEDS / OTHER

- ☐ Prescription meds & equipment (*hearing aids, glasses, contact lenses, extra batteries, etc.*)
- ☐ Antihistamines (*for allergies*)
- ☐ Pain relievers (*aspirin/ibuprofen*)
- ☐ Tweezers
- ☐ Scissors
- ☐ Eye wash solution
- ☐ Breathing barrier (*with one-way valve*)
- ☐ Instant cold compress
- ☐ Lip balm
- ☐ Hair ties

SAFETY & TOOLS

LIGHTING & COMMUNICATION

- ☐ Small flashlight (*extra batteries*)
- ☐ Battery-powered or hand-crank radio (*preferably a NOAA weather radio for updates*)
- ☐ Cell phone with charger
- ☐ Map(s) for navigation - local, county, and state; consider highlighting any necessary planned routes
- ☐ Compass
- ☐ Matches / lighter / fire starter
- ☐ Reflective triangles / Road flares

REPAIRS & TASKS

- ☐ Whistle
- ☐ Duct tape
- ☐ Dust Mask
- ☐ Quality Mutli-tool / pocket knife
- ☐ Work gloves

COMFORT & WARMTH

- ☐ Blankets or sleeping bags
- ☐ Emergency blanket
- ☐ Extra Clothing (*one change/person*)
- ☐ Water-proof wind beaker & polypropylene fleece
- ☐ Sturdy Shoes (*think closed toed*)
- ☐ Garbage bags and plastic ties

IMPORTANT DOCS

IDENTIFICATION

- ☐ Marriage & birth certificates
- ☐ Passports
- ☐ Social security cards
- ☐ Military service documents
- ☐ Pet vaccination records

FINANCIAL / LEGAL RECORDS

- ☐ Insurance policies
- ☐ Tax return
- ☐ Property deed(s) + Mortgage statement OR Lease agreement
- ☐ Wills/Trusts/Estate Plans
- ☐ Vehicle title and registrations
- ☐ Bank & credit card statements
- ☐ Investment records
- ☐ Debit/credit card
- ☐ \$100 - \$500 in small bills

MEDICAL INFORMATION

- ☐ Health insurance cards
- ☐ Prescriptions with dosages
- ☐ Immunization/Medical records

CONTACT INFORMATION

- ☐ Families & friends
- ☐ Health-care providers/pharmacies

All copies in waterproof bag/container