**WHAT IS IN A BASIC EMERGENCY KIT**

**(In order of importance, but do try to obtain all of the items):**

**l.) WATER**

A minimum of one gallon of water per person per day for at least three days, for drinking and sanitation. (This is a minimum of three total gallons per person.) Understand that children, nursing mothers, and sick people may need more water, and prepare accordingly. If you live in a warm climate, more water may be necessary. Always store water in clean plastic bottles like soft drink containers, and leave at least one-inch of space near the top if the water will be kept frozen. As we will later explain, keeping frozen water on hand is a good idea in preparing for emergencies.

**2.) FOOD**

At least a three-day supply of non-perishable food that will require little or no water, no refrigeration, preparation or cooking. Remember to pack a manual can opener and eating utensils. Choose foods your family will eat, but avoid salty foods, as they will make you thirsty. Some good suggestions for food to store include, (in alphabetical order), canned fruits and vegetables; canned juices; canned meats (ready-to-eat); crackers; dried fruit; dry cereal or granola; high-energy foods; milk (the non-perishable, pasteurized kind); nuts; peanut butter; protein or fruit bars; and vitamins. If you have a baby in your household, pack formula, baby food and diapers.

If there is other food, you and your family feels you must have to be comfortable, it is your kit, after all. Just be sure whatever it is follows the rules of little or no water, no refrigeration, and no preparation or cooking.

**3.) FIRST AID KIT & FIRST AID MANUAL**

ln an emergency, anyone could get cut, burned or suffer some other injury. Many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can enable you or someone else to stop bleeding, prevent infection and assist in decontamination during an emergency. Again, please consider taking a Basic First Aid course, but be sure to have the manual on hand.

Musts for your Basic First Aid Kit include, (in alphabetical order), adhesive bandages (in a variety of sizes), antibiotic ointment (to prevent infection); burn ointment (to prevent infection); cleansing agent (soap or antibiotic towelettes to disinfect); eye wash solution (to flush the eyes or as a general contaminant); gloves (at least two pairs of Latex or other kind of sterile gloves); prescribed medical supplies (such as glucose and blood pressure monitoring equipment and supplies); prescription medications anyone in your group takes everyday (such as insulin, heart medicines, and asthma inhalers; and always remember to check the expiration dates on all of these medicine.-s 3-4 times a year)', sterile dressings (to stop bleeding); and a thermometer.

It’s a good idea to have stiff cardboard and rope to act as an emergency splint.

Some good additions to the Kit include, (in alphabetical order), antacid (for upset stomach); anti-diarrhea medication; aspirin or non-aspirin 'pain reliever; laxative; sterile scissors; a tube of petroleum jelly or other lubricant; tweezers; and any other special needs someone in your group, such as an infant, elderly person, or sick person may need on a regular basis.

These may include, for infants diaper rash-ointment, extra moist towelettes, and teething supplies. Adults may want extra contact lenses & supplies or extra eye glasses and denture needs.

**4.) BATTERY-POWERED RADIO AND/OR TV AND EXTRA BATTERIES**

**5.) A NOAA WEATHER RADIO WITH TONE ALERT AND EXTRA BATTERIES**

**6.) ONE FLASHLIGHT (At least) AND EXTRA BATTERIES**

**7.) HOUSEHOLD PLAIN BLEACH CHLORINE BLEACH (NOT scented, color safe, or any other bleaches with additives) & A MEDICINE DROPPER**

When diluted nine parts water to one part regular bleach, the Bleach can be used as a disinfectant. If you run low on water, you can treat dirty water by using 16 drops of regular plain household bleach per gallon of water.

**8.) DUST MASKS, PLASTIC SHEETING (OR HEAVYWEIGHT PLASTIC TRASHBAGS) SCISSORS, AND SEVERAL ROLES OF DUCT TAPE (and if possible PORTABLE AIR PURIFIER with a HEPA filter)**

Some potential emergencies could send microscopic particles into the air which could make someone ill, cause lung damage, or worse. But these particles can only be hurtful if inhaled or absorbed through open cuts. Therefore, it might become important to be able to create a barrier between yourself and your group, and any contamination.

Face masks that fit snugly over the nose and mouth should be made available for everyone. Do whatever you can to make the best fit possible for children. Many hardware stores sell face masks rated on the basis of how small a particle they can filter in an industrial setting. Some emergencies will obviously require more protection than others. A face mask is optimum, but even a cloth over your nose and mouth is better than nothing. Be prepared to improvise anything you might have on hand to protect your nose, mouth, eyes and the cuts in your skin. It is very important that most of the air one breathes comes through the mask or cloth, and not around it.

Some emergencies will require staying put and creating a barrier between yourself and your group and potentially contaminated air outside. This is known as "shelter-in-place". It might become vital to be able to use the plastic sheeting or trash bags to tape up all windows, doors and air vents if you must seal off a room from outside contamination. Consider pre-cutting and labeling these sheets so you will be able to install them more quickly in case you ever need them.

The Portable Air Purifier with a HEPA (High Efficiency Particulate Air Filtration) filter can help after you have sealed up your area, as it will offer extra protection from the outside contaminants. No seal is ever perfect, some leakage may occur, and some foul air may have already made its way inside your space before you could erect the barrier, or even while you were installing it' Once the contaminants are trapped inside the filter, they no longer present any danger. The filters will stop dander, dust, molds, smoke, biological agents and other contaminants, but cannot stop chemical gases.

**9.) SIGNALING WHISTLES** A whistle is highly recommended during an emergency, especially if one is trapped by debris. Shouting can cause a person to inhale dangerous amounts of dust. Where there is little air, this is extremely dangerous. Where there are possible contaminants in the air, it could become fatal. Although tapping on a pipe or a wall is also OK, a whistle is better.

**1O.) BASIC TOOLS, BUT AT LEAST A WRENCH & PLIERS**

**11.) MOIST TOII/ELETTES, GARBAGE BAGS & PLASTIC TIES FOR SANITATION**

**12.) FEMININE SUPPLIES & PERSONAL HYGIENE ITEMS**

**13.) PAPER CUPS, PAPER PLATES, PLASTIC UTENSILS AND PAPER TOWELS**

**14.) MATCHES IN A WATER-PROOF CONTAINER**

**15.) FIRE EXTINGUISHER**

**16.) PET FOOD & EXTRA WATER FOR YOUR PET**

**17.) EXTRA CLOTHING**-A complete change of clothing for everyone in your family, including a long-sleeved shirt, long pants and sturdy shoes. It is advisable to keep sturdy shoes next to your bed should an earthquake occur in the middle of the night. Consider additional clothing if you live in a cold climate.

**18.) SLEEPING BAGS AND BLANKETS** One sleeping bag or warm blanket per person. Consider having additional bedding on hand if you live in a cold climate.

**19.) IMPORTANT FAMILY DOCUMENTS** Copies of driver's licenses or State ID cards, birth and marriage records, bank statements, wills and insurance policies should be stored in a waterproof, portable container. Some people also like to store copies of especially treasured family photographs as well, but be practical in this regard.

**2O.) PAPER AND PENCIL (or PEN)**

**21.) CASH AND COINS (for change for vending machines and Pay Phones) AND TRAVELER'S CHEQUES**

**22.) LOCAL MAPS**

**23.) BOOKS, GAMES, PUZZLES OR OTHER ACTIVITIES FOR CHILDREN**