

## Build a Family Survival Kit

After a major disaster, the usual services we take for granted, such as running water, refrigeration, and telephones, may be unavailable. Experts recommend that you should be prepared to be **self-sufficient for at least 3 days, with the eventual goal for 7 days**. Think about a family camping trip and everything you would need to bring with you for such an event.

Store your household disaster kit in an easily accessible location (such as a garden shed or sturdy garage). Put contents in a large, watertight container (e.g. a large plastic garbage can with a lid and wheels) that you can move easily. Keep supplies in thick plastic ziploc bags for long-term storage.

Your basic emergency kit should include:

**Water** – one gallon per person and pet, per day

**Food** – ready to eat or requiring minimal water (canned works best)

**First Aid kit** & instructions (include common medications, such as aspirin and ointment)

**Warm clothes** and rain gear for each family member

**Tent** for shelter

**Blanket or sleeping bag** for each person

Unscented liquid household **bleach** and an eyedropper for water purification

**Personal hygiene** items (toilet paper, hand sanitizer, soap, toothbrush, feminine products)

**Sanitation** - large heavy duty plastic bags and a plastic bucket for waste

**Plastic sheeting**, duct tape and utility knife for covering broken windows

**Tools** such as a crowbar, hammer & nails, staple gun, adjustable wrench and bungee cords

Heavy work gloves

Disposable camera for insurance documentation

A copy of important **documents** & emergency phone numbers

Manual can opener and other cooking supplies

Matches, pocket knife

Plates, utensils, and other feeding supplies

Propane stove or barbecue grill with charcoal

Any special-needs items for children, seniors, or people with disabilities

**Don't forget water, food, and shelter for your pets**