Build Your Own Emergency Kit: Be Ready, Stay Safe

Emergency kits aren't just for adults.

Natural disasters can happen anywhere at any time. Whether you stay at home or go to a shelter, having an emergency "go kit" packed and ready to go means having what you need close by. Your household should have an emergency kit with things such as enough food and clean drinking water for everyone for at least 3 days. Packing your own separate go kit means you can bring things that are important to you if you need to leave.

This checklist can help you get your emergency go kit together before a disaster happens. Grab a backpack, overnight bag, or plastic storage bin and gather your supplies!

Let's focus on the essentials first.

- ☐ Any medications you take
- ☐ First aid supplies
- ☐ Flashlight and extra batteries
- ☐ Phone charger, battery pack, and solar charger if you have one
- ☐ Toothbrush, toothpaste, soap, and deodorant
- ☐ Foods that don't spoil quickly, like granola bars, dried fruit, canned tuna, or jerky
- ☐ If you get a period, bring menstrual products (even if you don't think you'll need them)
- ☐ At least one complete change of clothes—Don't forget socks and sturdy closed-toe shoes

If you still have space, consider some optional items:

- ☐ Books or e-reader
- ☐ Headphones
- ☐ Games
- ☐ Puzzles
- ☐ Journal
- ☐ Sleeping bag or warm blanket

Tips and tricks to stay prepared

Keep your emergency go kit in a place where it's easy to get to so you can grab it and go.

Remember—You have to carry your emergency supplies, so don't pack lots of heavy things. Check the expiration dates of any food, medications, or toiletries every couple of months to be sure things aren't expired.

For more information, visit www.cdc.gov/natural-disasters/teens.