

# ALL-HAZARDS EMERGENCY KIT

**Assemble the following items to create a kit for your home, office, school, or vehicle:**

- Water—one gallon per person, per day
- Food—nonperishable, easy-to-prepare items (minimum 3 day supply)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- First aid kit (whistle, antibiotic ointment, bandages, face masks, gloves and reference book)
- Medications (7 day supply and medicinal dispensers if necessary)
- Multipurpose supplies (wrench, pliers, plastic sheet, duct tape, scissors, matches)
- Sanitation/personal hygiene items and bleach
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with charger
- Family Disaster Plan (family and emergency contact information)
- Extra cash
- Emergency blanket, extra clothes, sleeping bag (1 for each person)
- Map(s) of the area

**Consider the needs of all family members and add supplies to your kit.**

**Suggested items to help meet additional needs are:**

- Specific medical supplies (hearing aids/extra batteries, glasses, contact lenses, syringes, cane)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys

For more information visit: [www.cdc.gov/phpr](http://www.cdc.gov/phpr)

