



Our suggestion is that you put this kit together in a practical manner so that you can carry it with you if you ever need to evacuate your home. It is also important to prepare one for each member of your family who is able to carry one.

Update your kit every six months to make sure that all food, water and medications are fresh and not expired, clothing still fits, personal documents are updated and batteries are charged.

The list below is a starting point and not an all-inclusive list of items that may be needed or should be put in your kit.

Food and Water

(4 day supply of food & Water per person when no refrigeration/cooking is available)

- Protein/Granola Bars
- Trail Mix/Dried Fruit
- Crackers/Cereal
- Canned Meat, Beans, etc.
- Canned Juice
- Candy/Gum
- Water (1 Gallon/4 Liters per person)

Bedding and Clothing

- Change of Clothing (short and long sleeve shirts, pants, socks, jackets, etc.)
- Undergarments
- Rain Coat / Poncho
- Blankets and Emergency Heat Blankets
- Cloth Sheet
- Plastic Sheet

Fuel and Light

- Battery Lighting (Flashlights, Lamps)
- Extra Batteries
- Flares
- Candles
- Lighter
- Water-proof matches

Miscellaneous

- Bag or Bags to put your 96 Hour kit in.
- Infant Needs (if applicable)

Equipment

- Can Opener
- Dishes / Utensils

- Folding Shovel
- Radio (with Batteries)
- Pen and Paper
- Axe
- Pocket Knife
- Rope
- Life Straw or other water purification system
- Duct tape

Personal Supplies and Medication

- First Aid Supplies
- Toiletries (roll of toilet paper – remove center tube to easily flatten into a zip-lock bag, feminine hygiene products, folding brush, etc.)
- Cleaning supplies (mini hand sanitizer, soap, shampoo, dish soap, etc.)
- Medications. (Tylenol, Aspirin, Pain relievers)
- Prescription Medication (for 4 days)

Personal Documents and Money

- (Place these items in a water-proof container!)
- Legal Documents – (Birth/Marriage Certificates, Wills, passports, Contracts etc.)
- Vaccination documentation
- Insurance Policies
- Cash (\$100.00) (During a disaster or emergency credit cards and ATMs will likely not work)

Small Toys or Games are important too as they will provide some comfort and entertainment during a stressful time.

You may also include any other items you feel necessary for your or your family's survival.