

Surviving a small or large scale disaster depends on how prepared you are. You and your family's safety is largely dependent on how you prepare for emergency situations. An easy and organized way to be prepared for disaster events is to build an emergency kit. Building your own kit gives you a certain intimacy with the contents of it and how to properly use them. Putting together your own kit means you can custom tailor it to what's important to you, your family, and your community.



Remember to put a date on your kit so you know when you assembled it and can check expiration dates for certain items. A good emergency kit can easily last five years or more, but some items may need to be periodically replaced. For example, blood glucose test strips, for individuals with diabetes, are only viable for 16 months. So any that are being stored in an emergency kit would need to be frequently replaced.



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Personal

Useful

Fssentials

Essentials

Personal

Useful



A kit should be tailored to the needs of your family and any likely events to occur in your area. Every item should be listed in detail in a printed contents document. On the back, list important numbers such as your cell/home phone, family, neighbors, insurance companies, doctors, etc.

| Hygiene Supplies | | | First Aid Supplies | General Supplies | |
|------------------|---------------------|--|-------------------------------|-----------------------|--|
| | Soap | | Basic first-aid guide | Change of clothing | |
| | Toilet paper | | Essential Medications | Food & Water | |
| | Shampoo | | Moist towelettes | AM/FM/Weather radio | |
| | Toothbrush | | Non-latex gloves | Flashlight | |
| | Toothpaste | | Acetaminophen (Tylenol) | Extra batteries (for | |
| | Feminine products | | lbuprofen (Advil) | flashlight and radio) | |
| | Wash cloths | | Aspirin | Manual can opener | |
| | Comb & brush | | Diphenhydramine (Benadryl) | Duct tape | |
| | Sunscreen | | Lopermide (Imodium A-D) | Mylar blankets | |
| | Hand lotion | | Burn cream | Work gloves | |
| | Floss | | Hydrocortisone cream | Lighter & matches | |
| | Tissue | | Triple antibiotic (Neosporin) | Glow sticks (12 hrs.) | |
| | Lip balm | | Cough drops | Scissors | |
| | | | Earplugs | Trash bags | |
| | Pet Supplies | | Instant ice pack | Notebook & pencil | |
| | Medication | | Tweezers | Whistles & lanyards | |
| | Medical records | | Gauze pads & rolls | Sewing kit | |
| | Vaccination records | | Digital thermometer | N95 dust masks | |
| | Leash & collar | | Cotton balls | Zip ties | |
| | Toys | | Bandages | Small tarp | |
| | Plastic bags | | Nail clippers | Safety goggles | |



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For a full list of supplies, visit our website www.ChathamEmergency.org For a full list of supplies, visit our website www.ChathamEmergency.org