

Our Emergency Supplies Kit

As you've learned, in some emergencies you may have to leave your home for a safer place. To be prepared, put together an emergency supplies kit — one for you and one for your household. You'll have everything you need to stay safe and comfortable while you're away from home.

My Pillowcase Kit

Use this checklist to gather items for your own personal emergency supplies kit.



And don't forget your special item!

- Bottle of water
- Toy
- Portable radio
- First aid kit
- Soap
- Change of clothes
- Paper and pen
- Extra batteries
- Flashlight
- Toothbrush and toothpaste
- Blanket
- Family photos

Our Household Kit

This checklist shows items that belong in an emergency supplies kit for everyone in your home. Ask a grownup to go on a scavenger hunt with you to find some items you may have already. Check off each item that you find. Work together to pack up an emergency supplies kit for your home.

Food & Water



- Three-day supply of water, one gallon per person per day
- Three-day supply of canned and dried food
- Can opener
- Cooking and eating utensils

Emergency Gear

- First aid kit
- Portable radio and extra batteries
- Flashlight and extra batteries
- Cell phone charger
- Matches in waterproof container
- Cash and coins (in case credit card readers and ATMs aren't working)
- Map of your area

Personal Items



- Copies of important documents (birth certificates, passports, insurance policies, etc.)
- Blankets
- Extra clothing
- Hygiene supplies (toilet paper, soap, toothbrush, toothpaste, etc.)
- Medical supplies (prescription medications, medication list, extra glasses, contact lenses, etc.)
- Baby supplies (formula, diapers, etc.), if needed
- Pet supplies, if needed

Keep your supplies organized in airtight plastic bags, and pack them in a large sturdy box or plastic tub. Store your emergency supplies kit where you can get to it quickly, in a place known to everyone in your home.

For Your Car



Keep a separate emergency supplies kit in your car in case an emergency happens while you are on the road.

- Flashlight and extra batteries
- First aid kit
- White distress flag
- Maps
- Car cell phone charger
- Bottled water and dried food such as granola bars
- Breakdown supplies (tire repair kit, pump, booster/jumper cables, flares)
- Seasonal supplies:
Winter – shovel, scraper, blanket, etc.; Summer – sunscreen, shade items, etc.



Check your emergency supplies kit every six months. You may need to update some items – fresh water, fresh batteries, right-size clothes, etc. Use this planner to set dates for checking your kit.

We check our emergency supplies kit on

Month _____ Date _____

Month _____ Date _____