

Emergency Supply Kits



KENDALL COUNTY
HEALTH DEPARTMENT

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find, and any one of them could save your life. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets, or seniors.

Additional emergency supplies based on Individual needs:

A basic emergency supply kit could include :

- ◆ **Water**—one gallon of water per person per day for at least three days, for drinking and sanitation
- ◆ **Food**—at least a three-day supply of non-perishable food
- ◆ **Battery-powered or hand crank radio**
- ◆ **Flashlight**
- ◆ **First aid kit**
- ◆ **Extra batteries**
- ◆ **Whistle to signal for help**
- ◆ **Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**
- ◆ **Moist towelettes, garbage bags and plastic ties for personal sanitation**
- ◆ **Cell phone with chargers and a backup battery**
- ◆ **Wrench or pliers to turn off utilities**
- ◆ **Manual can opener for food**
- ◆ **Local maps**

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins.

- Prescription medications
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lens solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Household chlorine bleach and medicine dropper to disinfect water
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper, pencil books, games puzzles for children.