

# Basic Disaster Supplies Kit

A basic emergency supply kit could include the following recommended items:

- **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 and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle to signal for help
- paper towels
- Moist towelettes, feminine supplies, garbage bags and plastic ties for personal sanitation
- Local maps
- Cell phone with chargers and a backup batter
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
  
- Basic tool kit
- **Prescription medications**
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Glasses and contact lense solution
- Infant formula, bottles, diapers, wipes, diaper rash cream
- Cash or traveler's checks
- Matches in a waterproof container, candle in tin can for heat/light