

## Preparing Your Emergency Supply Kit

Once an emergency happens, it's too late to prepare. Having supplies on hand can help you and your family stay safe if an emergency occurs. \*Important note – Plan to have at least 3 days of supplies for each person in your family if possible.\*

### Stock water and ready-to-eat, nonperishable food items:

- At least 1 gallon of water *per person per day* (buy bottled water if possible-if you use tap water, ask your local health department how to store it)
- Canned meat, fish, fruit, vegetables and juice
- Dry cereal
- Peanut butter
- Crackers
- Granola bars
- Baby food and formula if needed
- Food and water for pets if needed

\*Choose less salty foods to help keep thirst down

### General Supplies

- Manual can opener
- Disposable utensils
- Paper towels
- Portable battery-operated radio
- Flashlight
- Extra batteries
- Paper and pencil
- Whistle
- Utility knife
- Scissors
- Garbage bags
- Matches in a waterproof container
- Alcohol based sanitizer
- Multipurpose fire extinguisher
- Chlorine bleach
- Toilet paper
- Blanket or sleeping bag
- Copies of your identification
- Emergency contact list
- Cell phone charger

- First aid kit with manual
- Copy of prescriptions
- Duct tape

Keep your supplies in a cool, dry place that will be easy to get to in an emergency. Store items in airtight plastic bags if possible.

Rotate stock with your regular supply. Check the use-by dates on items such as food, water, medicine and batteries. Replace items once or twice a year or as needed.

To learn more about emergency readiness, contact your local Emergency Management office at 641-683-0050 ext. 317.

**Note: Talk to a professional! This information is not intended to substitute for the personal advice from a professional. Each individual or family has specific needs.**