Print Form

Recommended Items to Include in a Emergency Supply Kit

- [ ] Water - one gallon of water per person per day for at least three days
- [ ] Food - at least enough for three days
  - -Canned Food/Juices
  - -Food for infants or Elderly
  - -Snacks
- [ ] Flashlight with an extra set of batteries
- [ ] NOAA Weather Radio with an extra set of batteries [http://www.weather.gov/nwr/]
- [ ] First Aid Kit along with additional prescription medication [http://www.redcross.org/services/hss/lifeline/fakit.html]
- [ ] Moist towelettes, garbage bags and plastic ties for personal sanitation
- [ ] Cash (include some small bills) and credit cards
- [ ] Important documents - medical records, insurance cards, etc... (be sure to store documents in a waterproof container)
- [ ] Local Maps [http://maps.google.com/maps?hl=en&tab=wl]
- [ ] Pet Care items - additional food and water
- [ ] Cell Phones
- [ ] First Aid Kit

Additional Items to Consider

- [ ] Toys, Books and Games
- [ ] Blankets / Pillows
- [ ] Tools
- [ ] Additional Clothing
- [ ] Eye Glasses

For more information on preparing and building a disaster kit visit http://www.redcross.org, http://www.ready.gov/america/index.html, and http://www.nhc.noaa.gov

Alabama EMA
Emergency Management Agency