



EMERGENCY KITS

To fully prepare your family for an emergency, get one or more emergency kits that include enough supplies for at least three days. Keep a kit prepared at home and consider also having kits in your car, at work and a portable version in your home ready to take with you. These kits will enable you and your family to respond to an emergency more quickly. Your various emergency kits will be useful whether you have to shelter in place or evacuate.

All personnel should maintain a basic level of preparedness for all potential hazards.

You are encouraged to get an emergency supply kit, make a family emergency plan and be informed about what might happen.

What to Put in Your Basic Home Kit

- Necessary
 - Water—at least one gallon per person per day for at least three days (Consider iodine and a filtration system to treat water if your supply runs out.)
 - Food—nonperishable food for at least three days
 - Manual can opener
 - First aid kit
 - Prescription medications and medical equipment/care aids
 - N95- or N100-rated dust masks
 - Personal sanitation supplies, such as moist towelettes, garbage bags and plastic ties
 - Flashlight
 - Battery-powered or hand-crank radio and cell phone charger
 - All-hazards NOAA (National Oceanic and Atmospheric Administration) weather radio
 - Extra batteries
 - Cash in the local currency
 - Any tools needed for turning off utilities
 - Local maps and your family emergency plan
 - Your command reporting information
 - Important documents, including will, medical and financial power of attorney, property documents, medical instructions
 - Emergency preparedness handbook
- Additional
 - Infant formula and diapers
 - Pets supplies, including food, water, medication, leash, travel case and documents
 - Reusable plates, paper cups, plastic utensils, saucepan and portable stove
 - Disinfectant
 - Matches or flint in a waterproof container
 - Sleeping bag or other weather-appropriate bedding for each person
 - A weather-appropriate change of clothes for each person
 - Coats, jackets and rain gear
 - Fire extinguisher
 - Paper and pencil
 - Books, games, puzzles, toys and other activities for children
 - Any items necessary for a specific type of disaster



ARMY STRONG.™

- Additional items that can be essential for those stationed abroad:
 - Passports
 - Birth abroad certificates for children born overseas
 - Cash in the local currency
 - Card with local translations of basic terms
 - Electrical current converter

Store your emergency kit in an easily accessible area such as a cupboard by the door and make sure everyone in your family knows where it is.

Consider whether your area is likely to face a specific threat. If your home is prone to flooding, store your kit upstairs. If you face tornados, think about storing your kit in the basement.

Portable Emergency Kit

- Take this kit with you when you are ordered to evacuate.
- Place items in a designated area that will be easily accessible in the event of an emergency.
- Make sure every member of your family knows where the kit is.
- If you are required to shelter in place, keep this kit with you.
- Consider adding enough supplies to last two weeks.

Workplace Emergency Kit

- This kit should be in one container to be kept at your work station in case you must evacuate from work.
- Make sure you have comfortable walking shoes at your work place in case you have to walk long distances.
- This kit should include at least food, water and a first aid kit.
- Make sure you include your family's communications procedure.

Vehicle Emergency Kit

- In the event that you are stranded while driving, keep this kit in your vehicle at all times.
- This kit should contain at a minimum food, water, a first aid kit, signal flares, jumper cables and seasonal clothing (coats, rain gear).
- Make sure you include your family's communications procedure.

Maintaining Your Kits

- Routinely evaluate your kits and their relevance to the threats in your area.
- Throw away and replace any expired or damaged medications, food or water.

Where to Find Additional Information

- American Red Cross—
 - www.redcross.org/services/prepare/0,1082,0_91_,00.html
- Department of Homeland Security (Ready.gov)—
 - www.ready.gov/america/getakit/index.html
 - www.ready.gov/america/_downloads/checklist.pdf
- Federal Emergency Management Agency (FEMA)—
 - www.fema.gov/plan/prepare/supplykit.shtm
 - www.fema.gov/plan/prepare/kitlocation.shtm
 - www.fema.gov/plan/prepare/kitmaintain.shtm

It's up to you. Prepare strong. Get an emergency supply kit with enough supplies for at least three days, make an emergency plan with your family and be informed about what might happen.

