



Personal Emergency Preparedness Kits

Emergency Preparedness Kits should be considered for your **home, car, and office** to provide **food, water, and medical supplies** for 3-5 days of being isolated.

Sample Home Preparedness Kit in 20 gallon plastic trash can:

Non-Perishable Food:

Canned Foods

Nutrition Bars

Boxed Juices

Vitamins

Peanut Butter

Boxed Foods

Candy, Nuts, Dried Fruits

Plastic Dishes, Plastic Utensils

Cooking Pot, Can Opener

Food & Garbage Bags

Bottled Water - At least a gallon per person/day

Matches, Candles

Camp Stove, Canned Sterno,

Paper Towels, Toilet Tissue

Feminine Hygiene products

First Aid Kit, Prescription Medicines

Extra Eyeglasses

Pencils, Paper

Books, Important Documents

Toothpaste, Toothbrush

Bar Soap, Shampoo

Liquid Cleaner, Liquid Bleach

Other Hygiene products

Scissors

AM/FM Radio

Flashlights, Batteries

Extra Shoes/Clothes

Towels, Sweaters

Blankets

String, Wire

Aluminum Foil, Duct Tape

