



BUILDING A PERSONAL EMERGENCY KIT



It is important to be prepared for an emergency as preparation helps to

1. Reduce fear & anxiety
2. Increase likelihood of survival & healthy outcomes
3. Adjust to limited resources during times of disaster.

Your personal emergency kit should contain essential items that you cannot live without. Items should be placed in a sturdy, durable container & kept in a place that is easily accessible in your home. Let's pack an emergency preparedness kit that you can use at home or take with you in case of evacuation:

Your emergency preparedness kit should include:

- Water – pack a minimum of 72 hours of fresh water
- Food – 72 hours' worth of non-perishable food items
- A flashlight or light sticks
- Extra batteries – for flashlight, radio, breathing devices, cochlear implants, cell phones, hearing aids, etc.
- Battery-operated or hand crank radio
- First aid kit
- 7-day supply of Rx medications
- A Whistle or other signaling device – something to capture attention in your direction
- At least one change of clothing – it is recommended to have protective clothing and a pair of sturdy shoes
- A blanket (s)
- Cash – do not count on credit and debit cards during times of emergency
- Cell phone and charger
- Personal hygiene items – deodorant, soap, sanitary pads, etc.
- Other disability specific equipment – cane, walker, eyeglasses, etc.
- Copies of important documents – birth certificate, passport, insurance policies & medical information
- Family and emergency contact information

Additional supplies to consider:

- Anti-bacterial wipes, plastic bags, garbage bags to assist with clean up
- Multi-purpose tool
- Duct tape
- Pet food & extra water for your pet
- Sleeping bag
- Fire Extinguisher
- Pencil and paper
- Local maps
- Can opener
- Books, games, puzzles – for kids and adults!

There are many helpful resources available online. For additional tips and guidelines, visit [SCEMD, Family Emergency Kit](#) or [Red Cross, Survival Kit Supplies](#).

Sources:

1. [Emergency Preparedness Workbook for People with Disabilities](#)
 2. [SCEMD, Family Emergency Kit](#)
 3. [Red Cross, Survival Kit Supplies](#)
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