

American Red Cross Survival Kit

Being prepared means being equipped with the proper supplies you may need in the event of an emergency or disaster. Keep your supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate.

At a minimum, you should have the basic supplies listed below:

- Water—one gallon per person, per day [3-day supply for evacuation, 2-week supply for home]
- Food—non-perishable, easy to prepare items [3-day supply for evacuation, 2-week supply for home]
- Flashlight
- Battery-powered or hand-crank radio [NOAA Weather Radio, if possible]
- Extra batteries
- First aid kit
 - 2 absorbent compress dressings [5 x 9 inches]
 - 25 adhesive bandages
 - 1 adhesive cloth tape [10 yards x 1 inch]
 - 5 antibiotic ointment packets
 - 5 antiseptic wipe packets
 - 2 packets of aspirin [81 mg each]
 - 1 blanket
 - 1 breathing barrier [with one-way valve]
 - 1 instant cold compress
 - 2 pair of nonlatex gloves [size: large]
 - 2 hydrocortisone ointment packets
 - Scissors
 - 1 roller bandage [3 inches wide]
 - 1 roller bandage [4 inches wide]
 - 5 sterile gauze pads [3 x 3 inches]
 - 5 sterile gauze pads [4 x 4 inches]
 - Oral thermometer [non-mercury/non-glass]
 - 2 triangular bandages
 - Tweezers
 - First Aid instruction booklet
- 7-day supply of medications and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents [medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies]
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map[s] of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are :

- Medical supplies [hearing aides with extra batteries, glasses, contact lenses, syringes, etc]
- Baby supplies [bottles, formula, baby food, diapers]
- Games and activities for children
- Pet supplies [collar, leash, ID, food, carrier, bowl]
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat and sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags