



Top 10 Emergency Necessities

There are numerous ways to put together an emergency supply kit for yourself and family.

An easy way to think about how to prioritize emergency supplies is this: Always have an emergency supply of safe drinking water. From there, what are those items that will keep you warm, fed and dry, with a safe light source? After that, customize your kit to fit your own personal and family needs.

The following 10 items can provide a good foundation for families and individuals.

1. **Water:** Store at least three to seven days of drinking water, setting aside a gallon a day for each member of your family.
2. **Food:** You should store at least three to seven days worth of packaged non-perishable foods, and canned goods. Write out a meal plan of how this food is expected to meet your needs for your family in order to store enough for this time period. Consider allergies and other dietary restrictions or necessities when deciding what foods to include.
3. **First aid kit with instructions:** Keep a well-stocked first aid kit that is sized correctly for your family. Over the counter medications for allergies or pain medications may also be needed. Reading the instructions and keeping them with this kit is a prudent measure in treating wounded persons properly and quickly.
4. **Flashlights:** Keep flashlights with fresh batteries on hand in the event that power has been cut, so that work can continue into the dark hours. This will also aid in searching for items in darkened places around the clock.
5. **Radio:** A battery-powered or emergency hand-generated radio is important to receive broadcast information from various emergency agencies in your area. Take note of these stations and agencies in preparation for any disaster that may strike. In Seattle, tune to KOMO AM 1000 (FM 97.7), KIRO AM 710 (FM 97.3), KUOW (FM 94.9) or other local news station.
6. **Medications:** Store at least a week's worth of medication if you or other family members take prescription medications. Store them in your emergency kit in an easily accessible place in your home should it be destroyed so that you can locate them in the rubble. If a predicted disaster is imminent, have your prescriptions refilled well in advance if possible.
7. **Cash and important documentation:** Do not depend on electrically operated devices, such as ATM's, to be operational after a disaster strikes. If communications are down, electronic funding through debit and credit card will not be possible. Keep an emergency cash supply, in small denominations, located in an easily accessed storage place in your home, such as your

refrigerator freezer. Important documents to store here as well are deeds, titles, insurance policies, and medical records.

8. **Clothing and sturdy footwear:** Survival during disaster will depend on your ability to stay warm and clothed despite the circumstances. Clothing and footwear that will endure long walks and manual labor are a critical part of your planning.
9. **Tools:** Tools that may be needed for constructing shelter, repairing broken equipment, putting out a fire, or calling attention to yourself should you become trapped is a must
Recommendations for tools to keep readily at hand are: An adjustable wrench, a fire extinguisher, and a whistle. Other tools to consider: crow bar, duct tape, rope, tarps, plastic bags, garbage bags, pens, paper, markers and scissors.
10. **Sanitation and hygiene supplies:** Toilet paper, antiseptic wipes, personal hygiene items, and disinfectants will be needed to maintain cleanliness, protect your health, and maintain a good level of morale in the aftermath of disaster. Keep these on hand where they will be accessible to you at all times.

After you've gathered your supplies, store them in an easily accessible location near a main exit. Many people keep their items in emergency backpacks, in suitcases (wheels can be helpful), or in plastic storage containers. Again, allow personal preference to be your guide, based on what best suits your own individual and family needs.

Item information excerpted from: http://www.survival-goods.com/Top_10_Emergency_Necessities_s/360.htm