



Building an Emergency Kit

For Patients

An emergency “grab and go” kit will help you have everything you need in one place to take with you when extreme weather emergencies happen, especially when they are unexpected. Consider what items you will need while leaving and staying away from your home (such as an emergency shelter).

You may also want to make a “stay at home” kit if you need to shelter in place. This kit includes the supplies you need to stay in your home for up to 7 days, potentially without electricity or heat. It should have similar items to the “grab and go” kit.

Here is a list of things to have ready in case of an emergency. Some of these are only needed for children or pets, or if you are leaving your home. Keep everything together such as in a single bag, so you can easily grab it when you need it. You can also buy kits that are pre-assembled from various companies.

Food and water

- ☐ Bottled water (at least 1 gallon per person per day)
- ☐ Non-perishable food for at least 3 days
- ☐ Manual can opener (if needed)
- ☐ Paper cups, plates, and utensils
- ☐ Food and water for your pet

Communication

- ☐ Extra cell phone battery or charger
- ☐ A list of emergency phone numbers, including an out of state contact
- ☐ Local maps, marked with at least 2 evacuation routes and meet up spots
- ☐ Radio (with extra batteries or hand cranked or solar powered)

Infants and children

- ☐ Bottle and infant formula (and water for mixing) for at least 3 days
 - Liquid ready to feed formula in single serve bottles (if possible)
 - For safe formula preparation, use a camp stove, fuel, and pot for boiling water/sanitizing
- ☐ Diapers and wipes for at least 3 days
- ☐ Paper and pencil
- ☐ Books, games, puzzles

You can see <https://www.cdc.gov/childrenindisasters/checklists/kids-and-families.html> for more information for family and children emergency kits.

Pets

- ☐ Pet food for at least three days
- ☐ Pet water for at least three days
- ☐ Pet bedding
- ☐ Pet crate - some shelters may only allow pets in crates inside
- ☐ Any medications, toys, or other supplies for pets

Financial

- ☐ Copies of important documents (identification, insurance policies, bank account records) in a portable, waterproof container or on your phone, in the cloud, or on a USB stick
- ☐ Cash

Health and safety

- ☐ Prescription medications (7-day supply)
 - If you fill prescriptions early (filling prescriptions up to about a week early is sometimes covered by insurance) then you can build up an emergency supply of your prescriptions.
 - Make a written list of your medications, ideally laminated or in a waterproof bag. This will help medical professionals get you back on your medications if you lose them or need longer-term refills.
- ☐ Extra eyeglasses or contact lenses
- ☐ First aid kit (Band-Aids, antiseptic, gauze, tape, etc.)
- ☐ Fire extinguisher
- ☐ Whistle to call for help
- ☐ Flashlight with extra batteries
- ☐ Sleeping bag/warm blanket for each person
- ☐ Change of clothing for each person, including long-sleeved shirt, long pants, work gloves, and sturdy shoes
- ☐ Tampons or sanitary pads
- ☐ Moist towelettes
- ☐ Hand sanitizer

Miscellaneous

- ☐ An extra set of car keys or home keys
- ☐ Wrench or pliers to turn off utilities
- ☐ Garbage bags and plastic ties
- ☐ Matches or lighter in a waterproof container

For more information see here: <https://www.elsolnec.org/wp-content/uploads/2020/08/ENG-Disaster-Ready-Guide.pdf>

Notes: