

# How to Build a Kit for Emergencies



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Release Date	Release Number
June 12, 2020	FEMA-4541-DR-TN NR 018

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NASHVILLE – What goes into an emergency supplies kit?

[Ready.gov](#) and get a list of what you'll need if you have to survive for several days after a disaster.

Being prepared means having your own [food](#), [water](#) and other [supplies](#) to last for at least 72 hours. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Make sure your emergency kit is stocked with the items on the checklist below. Most of the items are inexpensive and easy to find and any one of them could save your life. Headed to the store? [Download a printable version](#) to take with you. Once you take a

look at the basic items consider what [unique needs](#) your family might have, such as supplies for [pets](#) or [seniors](#).

**Basic Disaster Supplies Kit** To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as Personal Backpacks, plastic bins or a duffel bag.

A basic emergency supplies kit could include the following recommended items:

- [Water](#) (one gallon per person per day for at least three days, for drinking and sanitation)
- [Food](#) (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to [shelter in place](#))
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery
- Download the [Recommended Supplies List](#) (PDF)

**Additional Emergency Supplies** Currently, the Centers for Disease Control (CDC) recommends people include additional items in their kits to help prevent the spread of coronavirus or other viruses and the flu.

Consider adding the following items to your emergency supply kit based on your individual needs:

- [Face coverings](#) (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- [Prescription medications](#)
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person
- Complete change of clothing appropriate for your climate and sturdy shoes
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children
- Items for individuals with special needs.

