



INDIVIDUAL (personal) DISASTER KIT

An individual (personal) disaster kit is meant to be portable and sustain the individual for three (3) to five (5) days. Along with small portable individual kits, you should have a household (whole family) disaster kit if applies.

An individual disaster kit should be in a duffle bag or backpack and kept within easy access to the individual (such as next to or under a bed or by a door). An individual kit should contain at a minimum:

- Non-perishable food items (a supply for 3 to 5 days). Snacks or small food items (protein bars, granola bars, etc.).
- Water (a supply for 3 to 5 days) - It is recommended you have one gallon of water per day/per person.
- Cash/Money (small denominations & coins).
- Clothing - at least one change of clothes plus a sweatshirt, lightweight jacket, hoodie or similar clothing items in case needed.
- A pair of sturdy closed toe shoes and socks.
- A flashlight with batteries, chemical light sticks or matches in a waterproof container.
- Small radio (portable battery powered-crank or solar powered preferred).
- Extra batteries (in various sizes for your flashlight and radio).
- Small First-Aid Kit (assorted bandages, antiseptic, etc.)
- Over the counter analgesics (e.g. Motrin, Ibuprofen, etc.).
- Three (3) to Five (5) day supply of prescription medication, health supplies and glasses if applicable. Make sure you have an extra pair of prescription glasses or contact if worn.
- Writing paper along with pens or pencils.
- Copies of important documents (identification, insurance policies, social security cards, etc.)
- Roll of duct tape for any container leaks, etc.



- Comfort items (e.g. toys or activity books for kids, books to read, games to play, etc.)
- If you have a pet or service animal you should also include a three (3) day supply of pet food and water. Copies of pet registration, vaccinations and other important documents. Also, make sure to include photos of your pet in case you are separated during an emergency, a collar with an ID tag, harness or leash.

This list contains the minimum recommend supplies needed for basic emergency preparedness; each emergency kit should be unique to the individual that it will support. Consider additional items as needed to tailor the kits for your specific needs. Check expiration dates for food, water and medications and rotate as needed. Also, remember to consider emergency supplies for your pets or service animals.

Please don't wait, start to put a kit together today!