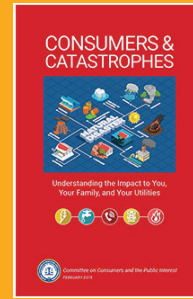


The information below is from a publication, "Consumers & Catastrophes: Understanding the Impact to You, Your Family, and Your Utilities," prepared by the National Association of Regulatory Utility Commissioners' (NARUC) Committee on Consumers and the Public Interest. Download the free NARUC consumer guide.



Emergency Supply Kit

After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last for at least 72 hours. A disaster supply kit is a collection of basic items your household may need during an emergency. Consider the unique needs of your family when assembling your supply kit.

Individuals should also consider having at least two emergency supply kits, one full kit at home and smaller portable kits in the workplace, vehicle, or other places they spend time.

Basic Disaster Supplies Kit

To assemble your kit, store items in airtight plastic bags and put your entire emergency supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

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

- Water: One gallon of water 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)
- 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
- N95 or surgical masks to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Multi-purpose tool
- Manual can opener for food
- Local maps
- Cell phone with chargers and a backup battery
- Family and emergency contact information

Additional items to consider adding to your emergency supply kit include:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet (refer to appendix "Emergency Plans for Pets")
- Important family documents such as copies of insurance policies, identification,

- and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov.
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing, including a long-sleeved shirt, long pants, and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper. When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color-safe, or bleaches with added cleaners.
- Fire extinguisher
- Work gloves
- Rain gear
- Plastic sheeting
- Duct tape
- Scissors
- Towels
- Extra set of car keys and house keys
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles, or other activities for children

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