

Build a Kit to Prepare for Any Emergency or Disaster

Take the time to prepare for an emergency today by building disaster kits with enough supplies to sustain you, your family and [your pets](#) for 72 hours.

Basic Disaster Supplies Kit

The following items should be in a basic disaster supplies kit. Individuals should [review the checklist](#) regularly and consider unique family needs and the climate in which they live when building a kit. Individuals should have at least two emergency supply kits: one full [kit for their home](#) and a smaller, [portable kit](#) for their workplace and/or vehicle.

A Disaster Supply Kit should include several necessities:

- Three-day supply of non-perishable food.
- Three-day supply of water: one gallon of water per person, per day.
- Portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries.
- First Aid kit and manual.
- Sanitation and hygiene items (moist towelettes and toilet paper).
- Matches and waterproof container.
- Whistle to signal for help.
- Extra clothing.
- Kitchen accessories and cooking utensils, including a manual can opener.
- Credit cards and identification cards.
- Cash and coins.
- Important papers, such as insurance paperwork.
- Special needs items, such as prescription medications, eyeglasses, contact lens solutions, and hearing aid batteries.
- Items and equipment for senior citizens and the disabled.
- Items for infants, such as formula, diapers, bottles, and pacifiers.
- Items for pets, such as food, water, leashes, and cages.

If you live in a cold climate, think about warmth. It's possible that you will not have heat during an emergency so remember clothing and bedding supplies. Be sure to include one complete change of clothes and shoes per person and the following items:

- Jacket or coat.
- Long pants.
- Long sleeve shirt.
- Sturdy shoes.
- Hat, mittens, and scarf.
- Sleeping bag or warm blanket (per person).

Maintaining Your Disaster Supplies Kit

Maintaining a disaster supplies kit is as important as putting one together. Here are some tips to keep your supplies fresh:

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect it from pests and extend its shelf life.

- Throw out any canned goods that become swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, a camping backpack, or a duffel bag.

Resources:

- [Arizona Emergency Information Network \(AzEIN\)](#)
- [just in case arizona](#)
- [Ready America](#)