



# ARE YOU READY?

**Help your family build an emergency kit! Collect these items and keep them in a safe place for when you need them. Remember to have enough items to last for **three days!****

- 3-day supply of non-perishable food (dried fruit, canned tuna fish, peanut butter, etc.)
- Can opener
- First aid kit
- Sleeping bag or warm blanket for everyone in your family
- Change of clothes to last 3 days, including sturdy-shoes; consider the weather where you live
- Matches in a waterproof container (let a grown up handle these)
- Toothbrush, toothpaste, soap  
Paper plates, plastic cups and utensils, paper towels
- Water - at least a gallon per person, per day
- Battery-powered or hand-cranked radio with extra batteries
- Flashlights with extra batteries
- Cell phone with charger, extra battery and solar charger
- Whistle to signal for help
- Local maps
- Pet supplies
- Baby supplies
- Books, games or puzzles
- A favorite stuffed animal or blanket