

# Build a Kit



In the event of a major disaster, you might need to **Shelter in Place** and survive on your own resources for a minimum 5-7 days. You may be sleeping outdoors. Plan on what you will need to eat, sleep, cook, with or without the shelter and comfort of your home.

## Food & Water

- Water (minimum of 1 gallon per person per day for 5 days), chlorine bleach, and eye dropper
- Canned fruits, vegetables, stew, meat
- Dried fruits
- Dry cereal
- Crackers (low sodium)
- Canned tuna
- Nutritional bars
- Canned nuts (unsalted)
- Peanut butter
- Fruit or vegetable juices
- Powdered milk
- Bottled soft drinks
- Baby food and food for others on special diets

## Eating & Cooking

- Paper/plastic plates, cups, utensils
- Paper towels
- Manual can opener
- Alternate cooking source and fuel

## Sanitation

- Portable toilet or bucket with lid, toilet paper
- Diapers
- Disinfectant
- Feminine hygiene supplies
- Cat litter and plastic garbage bags
- Twist ties

## Health & Safety

- First Aid kit and manual
- Dust masks
- Soap, detergent, shampoo
- Toothbrush, toothpaste
- Medications
- Heavy work gloves
- Sturdy shoes
- Space blanket or sleeping bag
- Tent or other camping equipment
- Hearing aid batteries
- Goggles or safety glasses
- Scissors

## Tools

- Shovel
- Wrench (shut-off valves)
- 1/2" rope (20 ft.)
- Duct tape
- Broom
- Axe
- Flashlight and extra batteries
- Portable radio and extra batteries
- Fire extinguisher

## Pets

- Leashes, crate, food
- Cat litter and plastic garbage bags

For more information, visit [www.ready.gov](http://www.ready.gov)