

7-Day Emergency Kit

These items are recommended as a bare minimum. Add items as needed for your family, but keep it portable. You may be required to leave your home. If you are not willing to carry it, do not include it.

Notes:

- Update your kit every six months (put a note in your calendar/planner) to make sure that: all food, water, and medication are fresh (not expired), clothing fits, personal documents and credit cards are up-to-date, and batteries are charged.
- Small toys/games and books are important too as they will provide some comfort and entertainment during a stressful time.
- Older children can be responsible for their own pack of items/clothes too.
- You can include any other items you feel are necessary for your family's survival.

Food and Water

(A three day supply of food and water, per person, when no refrigeration or cooking is available)

- Protein/Granola Bars
- Trail Mix/Dried Fruit
- Crackers/Cereals (for munching)
- Canned Tuna, Beans, Meat, Vienna Sausages, etc. ("pop-top" cans that open without a can-opener are ideal)
- MREs or Freeze Dried Food
- Canned Juice
- Candy/Gum
- Water (1 Gallon/4 Liters Per Person)

Bedding and Clothing

- Change of clothing (short and long sleeve shirts, pants, socks, jackets, etc.)
- Rain Coat/Poncho
- Blankets and Emergency Heat Blankets
- Sleeping Bag(s)

Fuel & Light

- Battery Lighting (Flashlights/Lamps)
- Extra Batteries
- Flares
- Candles
- Lighter
- Water-Proof Matches

Miscellaneous

- Bag(s) to put 72-hour kit items in (Duffel bags or backpacks work great)
- Infant Needs (if applicable)

Equipment

- Can Opener
- Dishes/Utensils
- Shovel
- Radio (with batteries)
- Pen and Paper
- Axe
- Pocket Knife
- Rope
- Plastic Sheeting
- Large Trash Bags
- Utility Cord
- Waterproof Marking Pen
- Duct Tape

Personal Supplies and Medication

- First Aid Supplies
- Toiletries (roll of toilet paper – remove center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, toothbrush, etc.)
- Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc.)
- Immunizations Up-To-Date
- Medication (Acetaminophen, Ibuprofen, children's medication, etc.)
- Prescription Medication (7-day supply)
- Eyeglasses/Contacts and Spares

Personal Documents and Money

- Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts, etc.)
- Vaccination Papers
- Insurance Policies
- Cash
- Credit Card(s)
- Pre-Paid Calling Cards