Recommended Supplies to Include in a Basic Kit:

- ❒ **Water** one gallon per person per day, for drinking and sanitation
- ❒ **Food** at least a three-day supply of non-perishable food
- ❒ **Battery-powered radio** and **extra batteries**
- ❒ **Flashlight** and **extra batteries**
- ❒ **First Aid kit**
- ❒ **Whistle** to signal for help
- ❒ **Filter mask** or cotton t-shirt, to help filter the air
- ❒ **Moist towelettes** for sanitation
- ❒ **Wrench or pliers** to turn off utilities
- ❒ **Manual can opener** for food (if kit contains canned food)
- ❒ **Plastic sheeting and duct tape** to shelter-in-place
- ❒ **Garbage bags and plastic ties** for personal sanitation
- ❒ **Unique family needs**, such as daily prescription medications, infant formula or diapers, and important family documents

This common sense framework is designed to launch a process of learning about citizen preparedness. For the most current information and recommendations, go online to www.ready.gov.

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