

## **Family Go Kit**

If there were a community wide emergency, you may need to be prepared to be on your own for up to 72 hours, either sheltering in place (stay in your home) or evacuating to a safer shelter. Having a “Family Go Kit” prepared in advance will help make sure you and your family can quickly manage on your own with a minimal of assistance from local responders.

Consider assembling two “go” kits. In one, put everything you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

Be sure to review your kits regularly to ensure that their contents, especially foods and medicines, are fresh.

### **Recommended supplies to include in a basic Go Kit:**

#### **✓ Water**

- One gallon of water per person per day for three days, for drinking and sanitation
- Store in clean, sealed plastic bottles
- The need for water can vary based on climate and/or special needs

#### **✓ Food**

- At least a three-day supply of non-perishable foods that are easy to store (not requiring refrigeration) and prepare (not requiring cooking or water for preparation).
- Examples: protein bars, granola bars, cereal bars, peanut butter, dried fruit or canned foods
- Remember special foods for family members with special dietary needs.
- Manual can opener, if necessary

#### **✓ Clothing**

- One complete change of warm clothing and shoes per person, including:
  - A jacket or coat
  - Long pants
  - A long sleeve shirt
  - Sturdy shoes
  - A hat and gloves

#### **✓ Unique Family Needs**

- Daily prescription medications
- Instructions for operating special medical equipment
- Prescription glasses
- Extra hearing aid and batteries
- Infant formula or diapers
- Games or toys to entertain children

✓ **Personal Hygiene Supplies**

- Toothbrush, toothpaste
- Moist towelettes
- Feminine hygiene products
- Bar of soap
- Hand sanitizers
- Toilet tissue
- Garbage Bags and Plastic Ties For personal sanitation

✓ **Bedding**

- Sleeping bag or warm blanket for each person

✓ **Contact Phone Numbers**

- Personal contact list of friends and family
- Emergency contacts, such as physicians, schools, work numbers, etc
- Phone book

✓ **Important Family Documents**

- Keep copies of important family records such as insurance policies, identification and bank account records in a waterproof, portable container

✓ **Battery-Powered or Hand Crank Radio**

- With NOAA weather function
- Remember extra batteries

✓ **Flashlight, Battery or Crank operated**

- Do not store flashlight with batteries installed.
- Pack extra batteries

✓ **First Aid Kit**

✓ **Whistle**

- To signal for help if trapped

✓ **Air Filter for Breathing**

- Something to cover nose and mouth to help filter the air
- 2-3 layers of a cotton t-shirt, handkerchief, or towel, or
- Dust mask (available in hardware stores), such as a N95 respirator.
- The filter material or mask should fit your face snugly so that most of the air you breathe goes through the mask, not around it. Do whatever you can to make the best fit possible for children.

✓ **Duct Tape and Heavy-Duty Garbage Bags or Plastic Sheeting (2.4 mil. thick)**

- Duct tape and plastic can be used to seal windows and doors of an entire room if there is potential air contamination outside

✓ **Wrench or Pliers**

- To turn off utilities if necessary

✓ **Other Items to Consider Adding to Your Supply Kit**

- Emergency reference material such as a first aid book or a print out of this information
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Cash or traveler's checks, change
- Maps
- Hand sanitizer
- Paper towels
- Fire extinguisher
- Tent
- Compass
- Matches in a waterproof container
- Signal flare
- Paper, pencil
- Medicine dropper
- Feminine supplies
- Personal hygiene items
- Disinfectant
- Household chlorine bleach
  - You can use bleach as a disinfectant (diluted nine parts water to one part bleach).
  - In an emergency you can also use bleach to purify water. Use 16 drops of regular household liquid bleach per gallon of water.
  - NOTE: If using bleach as a disinfectant or to purify water, do not use scented, color safe or bleaches with added cleaners.

**Don't forget about your pets. See the recommendations for preparing a Pet "Go Kit"**

For a list of additional items, go to [www.ready.gov](http://www.ready.gov)