**Build an Emergency Preparedness Kit**

### Basic Supplies
- Water—at least one gallon of water per person per day for drinking, and one gallon per person per day for hygiene and cooking
- One-week supply of fluids to drink and non-perishable food that does not require cooking, for example: dried fruit, canned tuna fish, peanut butter, etc. (Remember comfort foods.)
- Non-electric can opener
- Medications and copies of prescriptions (Ask your pharmacist for a printout).
- Rain gear
- Battery-operated or hand-crank radio
- Extra batteries
- First aid supplies—over-the-counter pain reliever, anti-diarrhea medicine/antacid, anti-histamine, anti-itch creams, antiseptic
- Sanitation—wipes, antibacterial hand gel, soap, toilet paper, hygiene supplies, feminine supplies, diapers
- Insect repellent
- Extra batteries for medical devices such as hearing aids, etc.
- Eyeglasses and extra contact lenses
- Extra bottled oxygen if dependent on it
- Small generator for electrically dependent equipment like an oxygen concentrator or nebulizer
- Cash for when ATMs are out of service—small bills will make purchasing easier
- Emergency Access Permit (for beaches)
- Books, cards, board games for entertainment
- Full tank of gas in vehicle
- Cell phone with charger, extra battery backup, solar charger
- Contacts in mobile device and in print for backup
- Information downloaded to your mobile device (contacts, maps)
- A paper map
- Paper and pencil
- Sunscreen

### If You Go

#### Host Home or Hotel Go Kit
**In addition to basic supplies:**
- Pillow and blankets
- Air mattress, sleeping bag, floor mat or other as needed
- Food and water. Find out from the host what you can bring, including the perishable food you have left.
- Paper plates, plastic cups and utensils
- Complete change of clothing for several days

#### Public Shelter Go Kit — General
**In addition to basic supplies:**
- Wearable medical alert tag
- Blanket, pillow, cot, folding chair or twin-size air mattress
- Complete change of clothing for several days
- Special dietary Items (sugar-free, low sodium, gluten-free, etc.) with can opener if required. (Common food and water is supplied)
- Personal hygiene (toothbrush, wipes, soap, hairbrush, adult diapers)
- Earplugs, headphones, sleep mask

#### Special Needs Shelter Go Kit
**In addition to basic supplies:**
- Any durable medical equipment or supplies you may need such as:
  - Portable oxygen
  - Wheelchair, walker or cane
  - Eyeglasses
  - Hearing aids with batteries
  - Oxygen concentrator
  - Nebulizer
- Medications in the original container (2-week supply).
- Blanket, pillow, cot, folding chair or air mattress (available cots are limited in number)
- Complete change of clothing for several days
- Personal hygiene (toothbrush, wipes, soap, hairbrush, adult diapers)
- Talking or Braille clock
- Pen and paper for communicating emergency information
- Earplugs, headphones, sleep mask
- Written instructions or orders regarding your care
- Pet Go Kit (Pets do not stay with you—see page 7)

### If You Stay or When You Return

#### Stay Kit for Home
**Even if you are evacuating, these supplies will be needed when you return:**
- Two weeks of fluids to drink and non-perishable food that does not require cooking, for example: dried fruit, canned tuna fish, peanut butter, etc. (Remember comfort foods)
- Paper plates, plastic cups and utensils
- Cooler with ice (Make extra ice in plastic bags and plastic food storage containers and keep it in the freezer to keep food cold longer)
- Insect repellant
- Sunscreen
- Tarps
- Rope or elastic cord (for tarps if necessary)
- Whistle to signal for help
- Tools, including wrench to shut off water, utility knife for sheeting and duct tape, hammer and nails to make temporary repairs

#### Important Documents
- Take photos of your documents for backup.
- Put paper copies together in a sealed plastic bag.
- Driver license or ID card
- Emergency Access Permit for barrier island residents/businesses
- Social Security card
- Important numbers and emergency contacts
- Medical records – pharmacy prescription record, doctors, medications, dosages, blood type
- Insurance policies for home, health, flood, auto, renters

#### Basic Supplies for Pets
- Enough pet food and water for two weeks
- Identification/chip (remember to update)
- License
- Immunization records
- Photo
- Collar and leash
- Medications for two weeks with instructions

#### Host Home or Hotel Go Kit
**In addition to basic supplies:**
- Newspaper or other lining
- Carrier or crate
- Toys/blanket
- Cat litter, pan, scoop
- Plastic waste bags
- Disinfectant
- Paper towels
- Carrier or crate
- Newspaper or other lining

#### Take photos of your documents for backup.
- Driver license or ID card
- Insurance policies for home, health, flood, auto, renters

### Host Home or Hotel Go Kit
**In addition to basic supplies:**
- Paper plates, plastic cups and utensils
- Complete change of clothing for several days
- Special dietary Items (sugar-free, low sodium, gluten-free, etc.) with can opener if required. (Common food and water is supplied)
- Personal hygiene (toothbrush, wipes, soap, hairbrush, adult diapers)
- Earplugs, headphones, sleep mask

### Special Needs Shelter Go Kit
**In addition to basic supplies:**
- Any durable medical equipment or supplies you may need such as:
  - Portable oxygen
  - Wheelchair, walker or cane
  - Eyeglasses
  - Hearing aids with batteries
  - Oxygen concentrator
  - Nebulizer
- Medications in the original container (2-week supply).
- Blanket, pillow, cot, folding chair or air mattress (available cots are limited in number)
- Complete change of clothing for several days
- Personal hygiene (toothbrush, wipes, soap, hairbrush, adult diapers)
- Talking or Braille clock
- Pen and paper for communicating emergency information
- Earplugs, headphones, sleep mask
- Written instructions or orders regarding your care
- Pet Go Kit (Pets do not stay with you—see page 7)