



# HOME PREPAREDNESS KIT

*For power outages, earthquakes, or when it's safest to stay home.*

## WATER & FOOD

- 3–7 days of water
- Canned goods, freeze-dried meals
- Dried fruit and energy bars
- Manual can opener
- Electrolyte packets

## SHELTER & WARMTH

- Sleeping bag
- Extra blankets
- Tent, tarp, or space blanket
- Duct tape
- Warm clothing and extra socks

## POWER & LIGHT

- Flashlight or headlamp
- Extra batteries — store OUTSIDE device
- Battery or hand-crank radio
- Power bank or solar charger

## HEALTH & HYGIENE

- Medications — 7-day supply + pill organizer
- First aid kit + thermometer
- Blood pressure cuff if needed
- Soap, wipes, hand sanitizer
- Ziploc bags
- Face masks

## DOCUMENTS & SAFETY

- Driver's license, passport, or IDs
- Insurance & legal documents
- Cash: ones, fives, tens, twenties
- Waterproof pouch for documents & cash
- Printed emergency contact list

## PLANNING

- Everyone knows where kit items are stored
- Plan to shelter at home if needed
- Practice emergency plan with household
- Can camp in backyard if home is damaged



# CAR EMERGENCY KIT

*Keep this in your car in case you're stranded, evacuating, or waiting for help.*

## BASIC NEEDS

- Water bottles
- Snacks and energy bars
- Electrolyte packets

## NAVIGATION & COMMUNICATION

- Detailed map of your local area
- Regional road atlas
- Compass
- GPS device
- Walkie-talkies or satellite phone
- Emergency beacon

## LIGHT & SIGNALING

- LED flashlight
- Headlamp
- Whistle
- Signal mirror or flare

## CAR SUPPORT

- Jumper cables
- Basic tool kit
- Spare tire or tire repair kit
- Ice scraper
- Car phone charger
- Portable battery pack

## SAFETY & PROTECTION

- Reflective vest
- Rain poncho or waterproof jacket/pants
- Gloves and hat
- Extra socks
- Sturdy shoes
- Space blanket or warm blanket

## HEALTH & HYGIENE

- First aid kit with trauma supplies
- Medications — 24-hr supply minimum
- Hand sanitizer and disinfectant wipes
- Soap
- Hygiene kit: toothbrush, toothpaste
- Disposable face masks

## SHELTER

- Tent, tarp, or space blanket