

Basic Emergency Kit



BASIC EMERGENCY KIT

In a backpack, a bin or a large canvas bag put the following items:

- Drinking water - two liters per person per day, for at least three days
- Non-perishable food - provisions for at least three days
- Manual can opener
- Battery Radio - Spare Batteries
- Flashlight - Spare batteries
- First aid kit - adhesive bandages, sterile gauze compresses, scissors, tweezers, safety pins, antiseptics, pain relievers
- Hygiene products - toothbrush, towels, soap, toilet paper, plastic garbage bags
- Blankets
- Cash and change
- Set of keys for the car and the house
- Whistle - to signal your presence to the rescuers
- Candles
- Lighter and / or matches
- Multifunctional pocket knife
- Dust masks - to filter contaminated air
- Important personal documents - photocopies: identification, insurance policies, prescriptions for medication and glasses, safety plan and list of emergency contacts

Also remember to include articles for:

- Your family – medication, medical equipment, special food
- Baby - formula, disposable diapers, baby bottles
- Pets - food, medication, accessories

KEEP THESE KITS IN AN ACCESSIBLE PLACE