

Disaster Preparedness Kit Guidelines

- Flashlight with plenty of extra batteries*
- Battery-powered radio with extra batteries*
- First Aid Kit*
- Prescription medications in their original bottle, plus copies of the prescriptions*
- Eyeglasses (with a copy of the prescription)
- Water (at least one gallon per person is recommended; more is better)
- Foods that do not require refrigeration or cooking
- Items that may be required by household members who are infants, elderly, or who have a disability
- Medical equipment and devices, such as dentures, crutches, prostheses, etc.
- Change of clothes for each household member
- Sleeping bag or bedroll and pillow for each household member
- Checkbook, cash, and credit cards
- Map of the area

* These items need to be checked periodically to make sure the expiration dates have not passed.

Source: American Red Cross