

# The Basic FEMA Recommended Disaster Supplies Kit

Disasters come in self-sufficient shapes and sizes. Being prepared ahead of time is key. Make sure you and your family are as self sufficient as possible by putting together the following FEMA recommended supplies.

## 1. Water



per



per

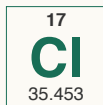
Day

### Water Treatment

Boiling



Chlorination



Distilling



## 2. Food

Consider the following when putting together your food supply



Pack food your family will eat



Avoid Foods that make you thirsty



Remember Special Dietary Needs



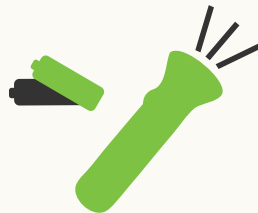
Choose salt-free crackers, whole grain cereals, and canned foods with high water content



**3. Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both**



**4. Flashlight and Extra Batteries**



**5. First-Aid Kit**



**6. Whistle to Signal Help**



**9. Wrench or pliers to turn off utilities, especially natural gas**

(Know ahead of time the safest way to do this)



**8. Moist towelettes, garbage bags and plastic ties for personal sanitation**



**7. Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place**



**10. Manual can opener for opening tins of food**



**11. Local Maps**  
For possible escape and evacuation routes



**12. Cell phone with chargers, inverter or solar charger**



FEMA

<http://www.ready.gov/>

What is FEMA? FEMA stands for Federal Emergency Management Agency. FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards.

