

Prepare an Emergency Kit

Often during an emergency, electricity, water, heat, air conditioning or telephone service may not work. All New Yorkers should have some basic supplies on hand in order for a family to survive if an emergency occurs. The emergency supply kit should be robust and contain enough food, water, medications and other consumables to last seven to ten days. Following is a list of basic items (based on a family of four to survive for seven to ten days) that every emergency supply kit should include.



Food and Water

- Bottled water - one gallon per person per day, collapsible, sterile water container.
- Ready-to-eat canned foods - vegetables, fruits, beans, meat, fish, poultry, pasta, soup, juice.
- Milk - powdered, canned or shelf-stable brick pack.
- High energy foods - peanut butter, jelly, nuts, dried meat (for example, jerky), granola, trail mix, energy bars.
- Staples - sugar, salt, pepper, instant coffee, tea bags, cocoa.
- Candy - chocolate bars, hard candy.
- Instant and small children's needs - baby food, formula, disposable diapers.
- Specialty food - for elderly or people on special diets.
- Pet food (if needed).

Health and Hygiene Supplies

- Prescription medication - at least one week's supply.
- Toilet paper.
- Pre-moistened hand wipes - pre-moistened baby wipes.
- Hand sanitizer
- Toiletries - toothpaste, deodorant.
- Feminine hygiene supplies.
- A list of family physicians, important medical information, and the style and serial number of medical devices such as pacemakers.

Personal Supplies

- A change of clothing, rain gear and sturdy shoes for each family member. Sleeping bags, bedding or blankets for each family member.
- An extra pair of glasses or contact lenses and solution (be sure to check expiration dates).
- Document Holder with identification, credit cards/traveler's checks/cash, and photocopies of important family documents including home insurance information.

Household Supplies and Equipment

- One gallon liquid chlorine bleach.



- Battery-powered radio or TV.
- Flashlights - one for each room of the house.
- Lantern LED
- Glow sticks
- Extra fresh batteries for radio, TV, lantern and flashlights.
- Whistle
- Gasoline (if you plan to use a generator outdoors).
- Propane fuel (if you plan to use a grill or camp stove outdoors).
- Charcoal (if you plan to use a barbecue grill outdoors).
- Disposable tableware, including paper towels and napkins.
- Manual can opener.
- Plastic bags - zip sealing, garbage.
- Fire extinguisher (small canister A-B-C type).
- Food thermometer - able to measure temperature from 0 to 220 degrees Fahrenheit.

Tools

- Rope (for rescue, tow, tying down property)
- Shovel
- Hammer and nails
- Multi-Tool with pliers
- 4 in 1 Emergency Tool (with gas and water shut off)
- Reflective Vests
- Work gloves
- Eye Goggles
- Utility Tape
- Electrical tape
- Clean-up supplies
- Broom
- Buckets (5 gal min, with lids)
- N-95 particulate masks
- Disinfecting spray
- Mop
- Paper towels
- Rags (to clean with)

- Rubber gloves
- Scrub brush
- Sponges
- Garbage bags with ties



Emergency First Aid Kit

Have these supplies on hand: First aid manual, assortment of sterile gauze pads and adhesive bandages, medical tape, ace bandage, CPR mask, Quik Clot, over-the-counter drugs (aspirin, anti-diarrheal medications, and activated charcoal), antiseptic ointment, soap, nitrile gloves, SAM splint, oropharyngeal airways set, thermometer, tweezers and needles, and tongue depressors.