To assemble your kit, store items in airtight plastic bags and put your entire kit in one or two easy-to-carry containers such as plastic bins or a duffel bag. Keep in mind that everyone’s emergency kit will be a little different. Think about your specific needs while developing your list of items.

- Water: one gallon per person per day for at least three days
- Food: at least a three-day supply of non-perishable food
- Manual can opener for food
- Emergency supplies for service animals, food for pets
- Cash or traveler’s checks and change
- Whistle to signal for help
- First aid kit
- Extra medication, oxygen, insulin, or other medical supplies
- Hearing aids and hearing aid batteries
- Extra eyeglasses
- Battery-powered radio and extra batteries
- Solar charger
- Extra batteries and charger for motorized wheelchairs and other assistive or medical devices
- Flashlight and extra batteries
- Personal hygiene items, feminine supplies
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Laminated personal communication board, if you might need assistance with being understood or understanding others
- Fire extinguisher
- Matches in waterproof container
- Wrench or pliers to turn off utilities
- Infant formula and diapers for children
- Local maps
- Sleeping bag or warm blanket for each person
- Other supplies that apply to your particular needs