

Building an At-Home Kit

Another name for this kit is a "Shelter in Place" kit.

Be sure to customize the kit for your household.

Take into consideration dietary needs and preferences, medical needs, amusements by age (toys, puzzles, books, magazines), and anything else unique to your household.

Your At-Home kit should have enough supplies for your whole household for **AT LEAST THREE DAYS**.

**Print out the following checklist
and take it with you when you shop.**

Suggested CHECKLIST for your At-Home Kit

GENERAL

- Complete your **Family Emergency Plan**
- Be sure adults and older children know how and when to **shut off water, gas and electricity**.
- Keep **keys to house and vehicles** readily available.
- Keep **emergency reference material** readily available, like books, pamphlets, information printed from websites, first aid manuals, etc.
- Be sure all **important documents** are readily available.
 - Family records (birth, marriage & death certificates; military records; naturalization papers, wills, social security cards, passports, etc.)
 - Health insurance cards and information; immunization records
 - Life insurance policies and contact information
 - Bank account numbers, contracts, stocks/bonds
 - Credit card numbers and company contact information
 - Inventory of household goods
 - Photos of pets and household members; family photos on cd's
 - Important telephone numbers

WATER

- Water**
 - Store one gallon per person per day, for drinking and sanitation.
 - Heat and intense physical activity can dramatically increase the amount of water a person needs to drink. Children, nursing mothers, and those who are ill may also need more water.
 - Store additional water if you have pets.

IMPORTANT

Every Six Months

1. Review your plans and supplies with everyone in your home.
2. Replace expired food, water, and medicine.
3. Update your Family Emergency Plan.

You may want to keep important documents in a waterproof, portable container to take with you if you need to evacuate.

FOOD AND SUPPLIES FOR EATING

Food

- Non-perishable items that do not require cooking, like canned fruits, vegetables & meats, juice boxes, canned or powdered milk, dried fruits, nuts, crackers, cereal bars.
- High energy foods, like peanut butter, nuts, trail mix.
- Comfort/stress foods, like cookies, hard candy, sweetened cereals, instant coffee, tea bags, soups, puddings.
- Sugar, salt, pepper, and other seasonings.
- Formula and baby food for infants
- Plan for any special dietary needs.

- Manual can opener
- Disposable plates, cups, knives, spoons and forks.
- Paper towels

MEDICATIONS AND OTHER SPECIAL ITEMS

- Medications
- Glasses, hearing aids, contact lenses, vitamins, other special items
- Sanitary supplies for girls and women
- Diapers, bottles, lotions, and other supplies for infants
- First aid kit
- Wheelchairs, strollers, and other special-needs items

TOILETRIES

- Moist towelettes, hand sanitizer disinfectant wipes, sunscreen, insect repellent, toothbrush & toothpaste, combs & brushes, toilet paper, etc.
- Garbage bags and ties for used personal sanitation items.

CLOTHING, SLEEPING SUPPLIES, PROTECTIVE ITEMS

- Warm clothing
- Extra change of clothes, including several sets of underwear
- Long-sleeved shirt, long pants, sturdy shoes, hat, gloves
- Rain ponchos
- Hand warmers
- Work gloves
- Warm blankets or sleeping bags
- Dust masks
- Safety glasses

TOOLS AND SAFETY SUPPLIES

- Basic household tool kit
- Duct tape and masking tape
- Wrench or pliers to turn off utilities
- Nails and screws
- Utility knife
- Rope
- Sturdy shovel
- Whistle to signal for help

Avoid salty foods that will make you thirsty.

Be sure to have a three-day supply of all prescription and non-prescription medications needed by each household member.

You may need sturdy work gloves to clear glass and debris

ELECTRONICS

- Watch or battery-operated clock
- Cell phones and chargers
- AM/FM radio (battery-powered or hand-crank)
- NOAA weather radio with tone alert
- Flashlights
- Extra batteries for all items

CLEANING SUPPLIES

- Broom, mop, bucket, old towels and rags
- Garbage bags and ties
- Soap, liquid detergent,
- All-purpose cleaner, disinfectant
- Rubber gloves

MISCELLANEOUS

- Matches in a waterproof container
- Paper, pens, pencils, crayons, markers, scissors, other office supplies
- Sewing kit
- Pet supplies
- Cash or travelers checks, coins
- Board games, puzzles, playing cards, books & magazines, toys for kits, battery-operated games and music devices, chargers, extra batteries

YOUR OWN ADDITIONS

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Some hand-crank radios include cell phone chargers. Solar chargers are also available.

Be sure to keep medications and cleaning supplies away from children and pets.

Every household is different, with different needs. Use this space to personalize your checklist.