

NORTH CASTLE CITIZENS CORPS COUNCIL

Your Emergency Kit: Keep enough supplies in your home to survive on your own for at least three days. If possible, keep these materials in an easily accessible, separate container or special cupboard. You should indicate to your household members that these supplies are for emergencies only. Check expiration dates of food and update your kits when you change your clock during daylight-saving times.

Kits should include:

- One gallon of drinking water per person per day
- Non-perishable, ready-to-eat canned foods and manual can opener
- First aid kit
- Flashlight
- Battery-operated AM/FM radio and extra batteries (you can also buy wind-up radios that do not require batteries)
- Whistle
- Iodine tablets or one quart of unscented bleach (for disinfecting water ONLY if directed to do so by health officials) and eyedropper (for adding bleach to water)
- Personal hygiene items: soap, feminine hygiene products, toothbrush and toothpaste, etc.
- Phone that does not rely on electricity
- Child care supplies or other special care items
- Dog food
- Games, books, and other items