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# *Personal Preparedness Planning For Public Health Workers*

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# *Assembling An Emergency Kit*

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Part 1 of 3

- **Water: 1 gallon/person/day**
  - 3- to 7-day supply recommended
  - Store in sealed, unbreakable containers
  - Note storage date and replace every 6 months

## ■ **Food**

- Non-perishable food
- 3- to 7-day supply
- Maintain caloric intake
- Minimize preparation
- Manual can opener
- Maintain sanitation, use fresh water for cooking

# *Shelter and Clothing*

## ■ **Shelter**

- Use blankets/sleeping bags for warmth
- Pillow
- Small candle
- Waterproof matches

## ■ **Clothing**

- Change of clothes
- Comfortable shoes, socks
- Layers of clothes for comfort
- Raincoat/poncho
- Hat

## ■ **Basic supplies**

- Personal medications (at least 3 days supply)
- Battery-powered flashlight
- Spare batteries
- Pan for cooking
- Communication/ battery-powered radio
- First aid kit
- Map
- Knife/utensils

## ■ **Personal hygiene**

- Bathroom tissue
- Deodorant
- Feminine hygiene
- Soap
- Hand-washing materials
- Sunscreen



## *Other Key Items*

- Cash and credit cards
- Personal Identification
- Extra set of car keys
- Extra eyeglasses, contact lenses
- Scissors
- Duct-tape/heavy-duty garbage bags

## *Additional Considerations*

- Should also strongly consider bringing a disaster supply kit to work or leaving one in your car