

### **Recommended Items to Include in a Basic Emergency Supply Kit:**

- Large backpack to hold your supplies
- Battery-powered or hand crank radio or a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Dust masks to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Sturdy hiking boots or other shoes
- Tee shirt, underwear, jeans, long-sleeved shirt, 3 pair socks, sweater and rain jacket
- Emergency phone numbers for your family and an out-of-state friend/family member if local phone service is disrupted

### **Additional Items to Consider Adding to your Emergency Supply Kit:**

- Prescription medications and glasses
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket
- Feminine supplies and personal hygiene items
- Paper and pencil
- Books, cards, non-electric games, puzzles or other activities to pass the time