

# EMERGENCY SUPPLY KIT

## BASIC ITEMS



Gaspar Insurance Services, Inc.  
888.402.4876  
818.302.3060  
www.gasparinsurance.com

23161 Ventura Blvd, Suite 100  
Woodland Hills, CA 91364  
CA License #0G66626

Everyone should have some basic supplies on hand in order to survive for at least three days if an emergency or disaster occurs. This checklist includes some basic items that every emergency supply kit should have; however, it is important that as you review this list, you also consider the unique needs of your family in order to create an emergency supply kit that will meet those needs. Ideally, you should maintain at least two emergency supply kits, one full kit at home and smaller portable kits in your vehicle or at your workplace or other places you spend time.

## RECOMMENDED SUPPLIES FOR A BASIC KIT

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food—at least a three-day supply of non-perishable food
- Battery-powered radio and a National Oceanic and Atmospheric Administration (NOAA) Weather Radio with tone alert, and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask or cotton t-shirt, 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
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps

Source: fema.gov

## CLOTHING AND BEDDING

When the weather is cold, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes. You should have one complete change of warm clothing and shoes per person, including:

- Jacket or coat
- Long pants and long-sleeved shirt
- Sturdy shoes
- Hat and gloves
- Sleeping bag or warm blanket for each person

## FAMILY SUPPLY LIST

Below are some other items for your family to consider adding to your supply kit. Some of these items, especially those marked with an asterisk (\*), can be dangerous, so an adult should collect these supplies.

- Emergency reference materials, such as a first aid book
- Rain gear, tent, and compass
- Mess kits, paper cups, plates and plastic utensils, paper towels, paper and pencil
- 3 Cash or traveler's checks, change
- Fire extinguisher
- Prescription medications, medicine dropper, and glasses
- Infant formula and diapers
- Pet food and extra water for a pet
- Matches in a waterproof container
- Signal flare
- Personal hygiene items, including feminine supplies
- Disinfectant
- Household chlorine bleach
- Important family documents, such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Books, games, puzzles or other activities for children

Source: [fema.gov](https://www.fema.gov)