

What Do You Need in a Survival Kit?

At a minimum, you should have the basic supplies listed below:

- Water: one gallon per person, per day
(3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items
(3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- Deluxe family first aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents
(medication list and pertinent medical information, proof of address,
deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Map(s) of the area
- Extra clothing, hat, and sturdy shoes

Consider the needs of all family members and add supplies to your kit:

- Medical supplies
(hearing aids with extra batteries, glasses, contact lenses, syringes, etc.)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener

Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags

The American Red Cross website (www.redcross.org) is a good place to explore for more information. We especially recommend the header "Training and Certification"—far-right drop down "Shop Supplies and Products." Products may also be found in sporting goods stores and Army/Navy supply stores.

Search online for emergency food supplies. Many choices exist, including Vegan Emergency Food Kits! Some of these may be higher in price, so do consider finding choices in regular lines and supplementing.

Interesting websites include but are not limited to:

<https://mypatriotssupply.com>
<https://4patriots.com>
www.thesurvivalhacks.com for its rating of various products
www.consumervoice.org/top-10/emergency-foods
www.primalsurvivor.net/30-day-emergency-foods
<https://buyersguide.org/emergency-food/dehydrated-food>

And remember:

The place to begin is where you are! Involve your team members! Make it fun!