

# The 7 Day Essential Emergency Supplies Kit

- Seven (7) gallons of water per person
- Non-perishable food, can opener and utensils. Don't forget your pets!
- First aid kit
- Flashlight and extra batteries
- Radio with extra batteries
- Medication (prescriptions and over-the-counter)
- Cash and important documents (in waterproof container)
- Change of clothes and shoes
- Sanitation and hygiene products

## Items to help make things more comfortable

- Bedding, such as blanket, sleeping bag, pillow
- Extra set of car, home and safe deposit box keys
- Emergency telephone numbers
- Pens, pencils, paper
- Toys, crayons, books, playing cards.....
- Camping stove or grill, fuel, pots, pans, foil, paper cups, plates, plastic utensils
- Portable toilet, toilet paper and plastic bags.