



Prepare and Maintain an Emergency Kit

Emergency Kit Contents

- ❑ At least three days worth of water, including one gallon per person per day for drinking and sanitation purposes
- ❑ At least a three-day supply of non-perishable food
- ❑ Food and water for pets
- ❑ Manual can opener and eating utensils
- ❑ Prescription medications, a first aid kit and a first aid manual
- ❑ Paper towels, moist towelettes, diapers, toilet paper and garbage bags
- ❑ Personal hygiene items
- ❑ Disinfectant
- ❑ One blanket, change of clothing and footwear per person
- ❑ Extra pairs of glasses and/or contact lenses
- ❑ Extra set of keys, a credit card, cash or traveler's checks
- ❑ Flashlight and extra batteries
- ❑ Battery-powered radio and extra batteries
- ❑ Matches in a waterproof container
- ❑ Important documents like birth certificates placed in waterproof packaging

Important Phone Numbers

It's important to have a telephone list that includes work and personal cell phone numbers of people you may need to contact. Lists should include numbers for: relatives (including those who are out-of-state), neighbors, health care providers, pharmacists, schools and day care facilities.

Additional Resources

New Jersey Department of Health
nj.gov/health/er

Centers for Disease Control and Prevention
cdc.gov

Department of Homeland Security
www.ready.gov/kit

**Adapted from the U.S. Department of Homeland Security,
the Federal Emergency Management Agency and the Red Cross.**