



You Can!

Be Prepared for Any Emergency



Keeping a well-stocked Emergency Kit is an essential component in being prepared for any situation. A kit can provide critical items to sustain you and your family for up to 3 days should you be isolated in your home.

Here are some items to include in your Emergency Kit:

- **Water:** Bottled water (one gallon per person, per day for 3 days)
- **Food:** Minimum of a 3 day supply of ready-to-eat and non-perishable foods
- **Tools & Supplies:** Basic tool box, manual can opener, battery-powered radio, flashlights, extra batteries, cell phone with charger, mini generator or power box
- **General Items:** First-aid kit, emergency whistle, waterproof items, local maps, baby food and other childcare supplies
- **Personal Items:** Prescription medications (two-week supply), personal hygiene items, extra pair of glasses or contact lenses, other medical equipment, change of clothes and reliable footwear
- **Money:** Extra cash and traveler's checks as ATMs may not be operating
- **Documents:** Insurance policies, personal records, IDs, medical and important documents
- **Pets:** Travel supplies including collar, leash, harness, crate, food bowls, current photo, any license and medical information

Also consider adding:

- ◆ Battery or solar powered watch or clock
- ◆ Water purification tablets or household chlorine bleach to disinfectant for drinking water
- ◆ Camp stove, grill with fuel, or canned heat
- ◆ Disposable plates, cups, and utensils
- ◆ Weather-proof clothing to protect from the elements
- ◆ Sleeping bags or blankets
- ◆ Books, games, and other comfort or fun items

Source: www.mass.gov/info-details/build-an-emergency-kit

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