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Disaster Supplies

- Anti-stress items, including favorite magazines, books, crossword puzzles, and snacks
- Battery-powered flashlight, such as a Maglite, which has a longer battery life than a conventional flashlight, with spare batteries
- Battery-powered radio, with spare batteries
- Blanket that is waterproof, compact, and lightweight
- Cash
 - Pack enough to cover expenses for a few days; if the power goes out, there's no access to banks, ATMs, or credit card swipe devices.
- Change of clothing for each family member
- Disposable utensils
- Emergency contact card
 - Keep one in your "GO" bag and a copy on your person.
 - Write in contact information for each household member (work, cell, and school phone numbers).
- First-aid kit
- Manual can opener
- Nonperishable foods
 - Choose foods high in protein, calories, and nutrition.
 - Choose low-salt or salt-free items to avoid thirst.
 - Don't forget powdered baby formula and pet food.

Toiletries and medications

- Pack enough for 10 days; if you have to evacuate far from home, pharmacies may not be able to access your medical records.

Water

- Pack four bottles for each family member (including pets), or as many bottles as you can carry comfortably.

Whistle (can be heard louder than a human voice when trying to alert rescuers)