

PLANNING & PREPAREDNESS

# Emergency Kit Essentials

Build supplies around the people in your household, then keep a portable bag ready for an urgent departure.

Never use generators, grills, or fuel-burning camp stoves inside a home, garage, tent, or other enclosed space.

## Water, food, and daily essentials

- Store at least one gallon of water per person per day for several days, for drinking and sanitation. Increase supplies for heat, illness, pregnancy, pets, and other needs.
- Choose food that stores safely and suits dietary needs. Include a manual can opener, utensils, hygiene supplies, waste bags, and items for infants or dependent household members.

## Light, information, and power

- Pack flashlights, spare batteries, a battery-powered or hand-crank radio, and a phone charger with backup power. Know how to receive local emergency warnings.
- Add sturdy shoes, seasonal clothing, blankets, a whistle, and a printed contact list. Keep copies of essential documents protected from water and unauthorized access.

## Health and access needs

- Include first-aid supplies and ask your pharmacist or care team how to maintain medication and medical supplies during an outage or evacuation. Check storage requirements.
- Plan backup power and transport for assistive or medical devices. Add glasses, hearing-aid supplies, communication aids, and service-animal or pet supplies as needed.

## Store and maintain

- Keep supplies in labeled containers that are easy to reach. Make a smaller go-bag for evacuation and adapt a separate vehicle kit for your travel conditions.
- Check food, water, battery, and medication dates regularly. Replace used items and review the kit when household needs or seasons change. Avoid loading a bag beyond what you can carry.

## Sources & further guidance

[FEMA: Basic preparedness supplies](https://www.fema.gov) | [www.fema.gov](https://www.fema.gov)

[Ready PA: Gather emergency supplies](https://www.pa.gov) | [www.pa.gov](https://www.pa.gov)

[FEMA Ready: Disability preparedness](https://www.ready.gov) | [www.ready.gov](https://www.ready.gov)

[CDC: Preventing carbon monoxide poisoning](https://www.cdc.gov) | [www.cdc.gov](https://www.cdc.gov)