* At least a 3-day supply of water (1 gallon per person per day). Store water in sealed, unbreakable containers. Replace every 6 months.
* A 3- to 5-day supply of nonperishable packaged or canned food and a non-electric can opener.
* A change of clothing, rain gear and sturdy shoes.
* Blankets, bedding or sleeping bags.
* A first aid kit and prescription medications (be sure to check expiration dates).
* An extra pair of glasses or contact lenses and solution.
* Special items for infants, the elderly or family members with disabilities.
* A battery-powered radio, a flashlight and extra batteries.
* Whistle (just in case you are under rubble).
* Manual can opener and plastic ware (for non-perishable can goods).
* Moist towelettes (sanitation)
* Wrench or pliers (turn off utilities if needed)
* Garbage bags (sanitation)
* Pet food and extra water for your pet
* Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
* Cash or traveler’s checks and change
* Emergency reference material such as a first aid book
* Household chlorine bleach and medicine dropper – When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
* Fire Extinguisher
* Matches in a waterproof container
* Feminine supplies and personal hygiene items
* Mess kits, paper cups, plates and plastic utensils, paper towels
* Paper and pencil
* Books, games, puzzles or other activities for children