



# 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 directory that includes work and personal cell phone numbers of people you may need to contact. Directories should include numbers for: relatives (including those who are out-of-state), neighbors, physicians, pharmacists, schools and day care facilities.

## **Additional Resources**

*New Jersey Department of Health*  
[www.nj.gov/health/er](http://www.nj.gov/health/er)

*Centers for Disease Control and Prevention*  
[www.cdc.gov](http://www.cdc.gov)

*Department of Homeland Security*  
[www.ready.gov/portable\\_kit.html](http://www.ready.gov/portable_kit.html)

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