

Put Your Kit Together Over Time Using Items You Already Have

Instead of taking old clothes or last years school back pack to Goodwill put them in your preparedness kit. Keep this list with you and look for items on closeout to add to your kit and before you know it you will have everything you need to be prepared for a disaster.

Store your kits in a cool dry place and be sure that everyone in the house knows where it is.

Disasters can happen at any time and the odds are that if it happens when you are home you will be asleep in bed. Store a pair of sturdy shoes under your bed along with a headlamp and a pair of gloves.

If your floor is littered with broken glass from a picture that fell and the power is off, these simple items will enable you to get to your kit and help yourself and your loved ones.

Look at your utilities before a disaster and learn how to shut off the water, gas and electricity in case you need to do so during a disaster. If you need help learning about your utilities;
call South King Fire or the appropriate utility for assistance.

South King Fire & Rescue

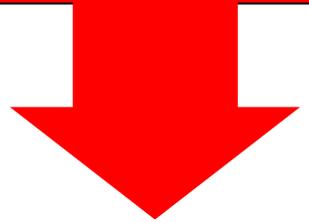
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Creating Your Own Emergency Kit

Get Prepared



One Container is for food and water

Your kit should hold enough food and water for three days

WATER 1 gallon per person per day

Purchasing commercially bottled water is the best practice

- Store in a cool dry place for up to a year

FOOD 2000-2500 calories per person per day

When choosing foods purchase foods that your family will eat and do not require mixing, cooking or refrigeration.

- Ready-to-eat canned meats, fruits, vegetables
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Jam
- Juice boxes
- Dried fruit
- Nuts
- Crackers

Put your food kit together over time by buying a little extra each shopping trip and adding it to your container. If you take out a quick snack or a missing ingredient for the kid's lunches be sure to replace it!

MAINTENANCE Rotate what is in your kit

Each year have a "disaster party" to use up the supplies before they go stale and replenish them with new foods and fresh water. Invite friends over to encourage them to create their own disaster kits.

Make it fun.

Start With 2 Sturdy Plastic Containers

The second container is for all the things that aren't food

- Can opener
- Flashlight
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Garbage bags with ties and baby wipes for personal sanitation
- Work gloves
- Extra batteries
- First aid kit
- Multi-purpose tool
- Emergency blanket
- Towels
- Map(s) of the area
- Extra set of car keys and house keys
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Whistle
- Matches
- Roll of Duct tape
- Dust masks
- Board games, cards, books you have always been meaning to read
- Family and emergency contact information
- Extra cash
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cell phone chargers
- Empty backpacks in case you need to leave your home and carry your supplies
- Set of clean clothes

Be truly prepared by placing a mini kit under your bed that has sturdy shoes, a flashlight, and a set of work gloves. If you are asleep when disaster strikes you may have glass and debris on the floor and no power. Shoes, gloves and a flashlight can make the difference between being a victim or a help your family and neighbors.