

“Having an emergency plan and building an emergency kit are important components of personal and family preparedness” states MCOEM Director Bruce Henry. “Emergency kits should include essentials items that will help sustain you and your family for up to three days in the event you are isolated in your home without power during a disaster.”

While some items, such as bottled water, food, a flashlight, radio and extra batteries, first aid kit, sanitation items and clothing should be in everyone’s kit, it is important to customize your kit to meet your unique needs and those of your family. Consider adding medications, extra eyeglasses, contact lenses, dentures, extra batteries for hearing aids, medical equipment, oxygen tanks, children’s items, food and supplies for pets and service animals, and any other items you or your family members might need during a disaster.

#### Key Items to Include in Your Emergency Kit

- Bottled water (1 gallon per person/per day for 3 days).
- Canned goods and nonperishable foods, particularly those that do not need cooking.
- Manual can opener.
- Radio (battery-powered or hand crank), NOAA Weather Radio and extra batteries.
- Flashlight or lantern, with extra batteries (Candles are discouraged, as they present a potential danger.)
- First aid kit.
- Diapers, wipes, baby food, formula, if needed.
- Pet food, supplies, tag, crates, if needed.
- Prescription medications (2-week supply).
- Extra pair of eyeglasses, contact lenses, and dentures.
- Extra batteries for hearing aids, wheelchairs, or other medical equipment.
- Medical oxygen tanks, if needed.
- Whistle to signal for help.
- Moist towelettes, garbage bags, soap, sanitizer, and other personal hygiene items.
- Wrench or pliers to turn off utilities.
- Watch or battery operated clock.
- Copies of important documents and IDs.
- Cell phone and charger (also an auto, solar, or crank charger in case power is out)
- Cash.
- Water purification tablets and household chlorine bleach.
- Camp stove or grill (outdoor use only) with fuel or Sterno and waterproof matches or lighter.
- Change of clothes and sturdy shoes.
- Sleeping bags or blankets.
- Disposable plates, cups, and utensils.
- Seasonal items such as warm clothes, hat and gloves for winter, and sunscreen for summer.
- Books, games, puzzles and other comfort items.
- Duct tape.
- Plastic sheeting or tarp.

For additional preparedness resources, please go to Ready.gov or follow MCOEM on Facebook at [www.facebook.com/MonroeCountyEMA](http://www.facebook.com/MonroeCountyEMA). For up-to-date emergency text alerts, residents can go to [Monroe.alertpa.org](http://Monroe.alertpa.org) and register cell phone numbers and email addresses.