

# BASIC KIT SUPPLIES FOR 7 TO 10 DAYS

makeitthrough.org

- Water for 7 to 10 days**  
1 gallon per person per day for drinking and sanitation
- Food for 7 to 10 days**  
At least a 7 to 10 day supply of non-perishable food per person
- Cash**  
ATMs won't work without electricity. Small bills are best.
- Battery-powered radio and extra batteries**
- Flashlight and extra batteries**
- First aid kit**
- Whistle to signal for help**
- Filter mask or cotton t-shirt to help filter the air**
- Moist towelettes for sanitation**
- Wrench or pliers to turn off utilities *if needed***
- Manual can opener for food**
- Shelter items like tents, tarps and rope**
- Garbage bags and plastic ties for personal sanitation**
- Unique family needs**  
Supplies for infants, pets and elderly, prescriptions, and important family documents

