OFFICE AND PERSONAL KIT SUPPLIES

- ☐ Water (four 16oz bottles per person, per day)
- ☐ Non-perishable, compact food items for 7 to 10 days (high protein, high energy)
- ☐ Flashlight and extra batteries
- ☐ Personal first aid kit
- ☐ Personal hygiene items
- ☐ Extra sanitation items
- ☐ Extra clothing, sturdy shoes, socks, hat, gloves
- ☐ Blanket
- ☐ Extra prescription medicine and eye glasses or contact supplies
- ☐ List of important phone numbers
- ☐ Emergency whistle on lanyard
- ☐ Dust mask (N-95 particulate)

CUSTOMIZE YOUR KIT:

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HELPFUL HINTS

- Store food and water in a cool, dry location.
- Include re-usable place setting, utensils and pot for boiling water.
- Include a hand-operated can opener for canned foods.
- If you can't boil water, you can disinfect it using household bleach. Add 1/8 teaspoon (or 8 drops) of regular, unscented, liquid household bleach for each gallon of water, stir it well and let it stand for 30 minutes before you use it.
- Having a Boy Scout manual or similar survival guide may be useful.
- Have a few comfort items like books, games, cards and a pad of paper and pens.
- Include a list of friends, family, physicians, kennel and other emergency phone numbers. Keep in mind, your personal address book on your cell phone may not be accessible.