

READY TOGETHER FOUNDATION
COMMUNITY PREPAREDNESS RESOURCE LIBRARY

RTF-002

Emergency Kit Builder Guide

Your Step-by-Step Guide to Building an Emergency Kit for Home,
Work, School, and Your Vehicle

Building Resilient Communities Together

Be Ready Before an Emergency Happens

When an emergency occurs, you may need to rely on your emergency supplies for several days.

Having an emergency kit prepared in advance can help protect your family, reduce stress, and improve your ability to respond safely.

Start small if necessary. Building your kit over time is better than waiting until disaster strikes.

What Is an Emergency Kit?

An emergency kit is a collection of essential supplies that can support you and your family during emergencies such as:

- Earthquakes
- Wildfires
- Flooding
- Severe storms
- Extended power outages
- Evacuations
- Other unexpected emergencies

Your goal is to have enough supplies for every member of your household for at least 72 hours.

Water

Water is your highest priority.

Recommended Supply

- ☒ One gallon per person per day
- ☒ At least three days of water

Remember to include additional water for:

- ☐ Infants
- ☐ Older adults
- ☐ Pets
- ☐ Medical needs

Food

Choose foods that are nutritious, easy to prepare, and have a long shelf life.

Examples include:

- ☐ Canned vegetables
- ☐ Canned fruit
- ☐ Canned meat or fish

- ☐ Peanut butter
- ☐ Protein bars
- ☐ Crackers
- ☐ Dried fruit
- ☐ Nuts
- ☐ Instant oatmeal
- ☐ Shelf-stable milk

Don't forget:

- ☐ Manual can opener

First Aid Supplies

Every emergency kit should include:

- ☐ Adhesive bandages
- ☐ Sterile gauze
- ☐ Medical tape
- ☐ Antiseptic wipes
- ☐ Antibiotic ointment
- ☐ Pain relievers
- ☐ Thermometer
- ☐ Disposable gloves
- ☐ Tweezers
- ☐ Small scissors
- ☐ Prescription medications

Lighting & Communication

Power outages are common during emergencies.

Include:

- ☐ Flashlights
- ☐ Extra batteries
- ☐ Battery-powered or hand-crank radio
- ☐ Portable phone chargers
- ☐ Charging cables
- ☐ Backup battery packs

Personal Hygiene

Pack enough supplies for everyone in your household.

- ☐ Soap
- ☐ Hand sanitizer

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Toilet paper
- ☐ Feminine hygiene products
- ☐ Moist towelettes
- ☐ Trash bags

Clothing & Comfort

Include:

- ☐ Extra clothes
- ☐ Comfortable shoes
- ☐ Rain jacket
- ☐ Blankets
- ☐ Sleeping bag
- ☐ Emergency blanket

Important Documents

Keep copies in a waterproof folder.

Include:

- ☐ Identification
- ☐ Insurance information
- ☐ Medical information
- ☐ Emergency contacts
- ☐ Birth certificates
- ☐ Passports (if applicable)
- ☐ Home ownership or rental documents

Special Items

For Babies

- ☐ Formula
- ☐ Bottles
- ☐ Diapers
- ☐ Baby wipes
- ☐ Baby food

For Older Adults

- ☐ Prescription medications

- ☐ Medical equipment
- ☐ Extra eyeglasses
- ☐ Hearing aid batteries

For Pets

- ☐ Pet food
- ☐ Water
- ☐ Medications
- ☐ Leash
- ☐ Carrier
- ☐ Vaccination records

Vehicle Emergency Kit

Keep these items in your vehicle.

- ☐ Water
- ☐ Flashlight
- ☐ Blanket
- ☐ Phone charger
- ☐ Jumper cables
- ☐ Reflective warning triangle
- ☐ Tire pressure gauge
- ☐ First Aid Kit
- ☐ Non-perishable snacks

Where Should You Store Your Kit?

Consider having emergency kits in several locations.

- ☒ Home
- ☒ Vehicle
- ☒ Workplace
- ☒ School
- ☒ Emergency "Go Bag"

Store kits in cool, dry, and easily accessible locations.

Check Your Kit Regularly

Review your emergency kit every six months.

Replace:

- ☐ Expired food
- ☐ Expired medications
- ☐ Batteries

- ☐ Seasonal clothing
- ☐ Outgrown children's supplies

A well-maintained kit is a reliable kit.

Ready Together Action

Complete these three steps this week:

- ☐ Purchase one emergency storage container.
- ☐ Add water and food supplies.
- ☐ Create a checklist of missing items.

Preparedness begins one step at a time.

About Ready Together Foundation

Ready Together Foundation is dedicated to building resilient communities through emergency preparedness, emergency relief and response, youth engagement, and outreach to vulnerable populations.

Our work focuses on:

- Community Emergency Preparedness
- Emergency Relief & Response
- Youth Preparedness & Leadership
- Vulnerable Population Outreach

Together, we are building stronger, safer, and more resilient communities.

Ready Together Foundation

Building Resilient Communities Together

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"Preparedness is a journey, not a one-time event. Every small step you take today helps protect the people you care about tomorrow."