

5 to stay alive: emergency essentials lists

Planning for emergencies can seem overwhelming. Gathering a few basic supplies is a good place to start. These emergency essentials can help you and your family be better prepared—at work, at home, in your car, and at school. (To read the full articles, visit saif.com.)

Learn how to build your kit and make a plan: ready.gov

Take five minutes to be better prepared: take5tosurvive.com

At home

- **Multi-purpose fire extinguisher**
- **Battery-powered radio and extra batteries:** Choose a model that provides emergency alerts and comes with a hand-cranked power option.
- **Wrench or pliers** to turn off utilities
- **Water:** One gallon per person per day (minimum 3-day supply) for drinking and sanitation
- **Non-perishable food:** Minimum 3-day supply, including energy bars, canned meat and beans, peanut butter, dried fruit. Don't forget a can opener.

At work

- **Change of clothes:** Long pants and long-sleeved shirt, sturdy shoes, jacket
- **Warm gloves and a blanket**
- **Water (16 oz) and energy bars (3)**
- **First aid kit with CPR face shield**
- **Garbage bags, hand sanitizer, moist towelettes** for personal sanitation

In your car

- **Jumper cables or jump starter:** For visibility, also pack flares and/or a reflective triangle.
- **Flashlight and extra batteries**
- **Emergency blanket or sleeping bag**
- **First aid kit:** Include any necessary medications
- **Water (minimum 16 oz) and energy bars (3)**

At school

- **Emergency contacts and meeting place:** Print out a communication plan, fill it in with your family, and give everyone a copy. ready.gov/kids/make-a-plan
- **Whistle with lanyard**
- **Water (16 oz) and energy bars (3)**
- **Lightstick:** Look for one that lasts 12 hours.
- **Moist towelettes or hand sanitizer**