



Create an emergency supply kit

An emergency supply kit can be created and stored until it is needed in the event of a natural disaster. Cut out this list to help you get started on your kit!

- A 3-day supply of nonperishable foods that do not need to be cooked, such as:
 - Canned meats and fish
 - Canned fruits and vegetables
 - Canned soups and puddings
 - Canned fruit juices
 - Dried fruit and nuts
 - Bread, cookies, and crackers
 - Peanut butter and jelly
 - Coffee and tea
- Manual can opener
- Bottled water (At least one gallon per person, per day for drinking and sanitation)
- Prescription medication (2-week supply)
- Pet food and supplies
- Water purification tablets
- Warm blankets for each person
- Change of clothing for each

person, including a long-sleeved shirt, long pants, and sturdy shoes

- Disposable dinnerware
- Infant care items
 - Disposable diapers
 - Baby wipes
 - Baby food
 - Formula
- First aid supplies
- Masking tape and duct tape
- Flashlight with extra batteries
- Battery-operated radio with extra batteries
- Watch or battery-operated clock
- Matches
- Plastic trash bags
- Plastic sheeting or drop cloth
- Chlorinated bleach
- Personal hygiene items
- Wrench or pliers to turn off utilities
- Cell phone with chargers and/or solar chargers
- Cash
- Books, games, puzzles, and other activities for children

Information courtesy: Federal Emergency Management Agency, Massachusetts Emergency Management Agency