

Basic Emergency Kit

Your basic emergency kit should get you through the first 72 hours of an emergency and should contain the following items:

- **Water:** two liters or one gallon of water per person per day – plan for at least three days.
- **Food:** gather foods that won't spoil or can be prepared with a minimum of effort because you might not have access to power. Canned goods and sports bars are a smart choice. If you have children, try to pack a few of their favorites. Remember to replace the food and water once a year.
- **A manual can opener**
- **A flashlight and replacement batteries** or hand crank flashlights which do not require batteries are inexpensive and available at your local hardware store.
- **Candles and matches or a lighter:** be sure to keep the matches and candles in a waterproof container.
- **A radio:** battery or hand crank radios often come with weather stations and built in flashlights. For your traditional radio, remember the replacement batteries!
- **A first aid kit:** basic first aid kits are inexpensive and can be found at your local drug or hardware store. The bare minimums include bandages, first aid cream, a cold pack, and an ace bandage. A first aid book would be a fantastic addition.
- **Extra keys** for your house and car
- **Pet food and extra water** for your pets
- **Special needs items:** prescription medications, eyeglasses, infant formula, or special equipment for people with disabilities. Medications need to be checked and replaced more often food and water.
- **Cash:** Remember, the power may be out for a few days so access to an ATM or paying with a debit or credit card won't be an option. Include small bills and change for payphones. Traveler's checks and pre-paid phone cards are a great alternative to cash.



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