**RECOMMENDED EMERGENCY SUPPLIES**

Please take inventory of your first aid and emergency supplies during your first month in your locale. Replenish or restock items as needed.

A basic emergency supply kit should contain the following recommended items:

* Water – one gallon of water per person per day for 3 days (for drinking and sanitation). Many houses have 5-gallon water containers for this purpose. The water in them should be changed annually.
* Food – at least a 3 day supply of non-perishable food
* Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
* Flashlight(s)
* First aid kit
* Extra batteries
* Whistle to signal for help
* Dust mask to help filter contaminated air, plastic sheeting and duct tape to shelter in place
* Moist towelettes, garbage bags and plastic ties for personal sanitation
* Wrench or pliers to turn off utilities
* Manual can opener for food
* Local maps
* Cell phone with chargers and a battery back up
* Identify an out of state emergency contact

**RECOMMENDED FIRST AID KIT ITEMS for a HOME**

Below is a list of recommended items for a first aid kit. Please check the kit at your locale and restock as needed:

* an up-to-date first-aid manual
* a list of emergency phone numbers
* sterile gauze pads of different sizes
* adhesive tape
* adhesive bandages (Band-Aids) in several sizes
* elastic bandage
* a splint
* antiseptic wipes
* soap
* antibiotic ointment
* antiseptic solution (like hydrogen peroxide)
* hydrocortisone cream (1%)
* acetaminophen and ibuprofen
* extra prescription medicines
* tweezers
* sharp scissors
* safety pins
* disposable instant cold packs
* calamine lotion
* alcohol wipes or ethyl alcohol
* thermometer
* plastic non-latex gloves (at least 2 pairs)
* flashlight and extra batteries
* a blanket
* mouthpiece for giving CPR (you can get one from your local Red Cross)

Note: Generic versions of the above mentioned items are less expensive and equally effective. There is a line item in each house budget specifically for “Emergency Supplies” that should be used for the purpose of acquiring or restocking kits.

**Resources to help you *be prepared* in your new community**

[https://www.ready.gov](https://www.ready.gov/)

<https://www.ready.gov/indian-country>

Wallet sized emergency info cards: <https://www.fema.gov/media-library-data/1440517182204-fd5e99bd2931f0f566d068ca844370ce/Family_Emergency_plan_wallet_2015.pdf>

Emergency plan. Includes steps to take and a form to fill out: <https://www.fema.gov/media-library-data/1530826217620-10775bfcb5d7600be8e6b88308b24d8c/P1094_CreateYourFamilyEmergencyCommunicationPlan_070318.pdf>

Mobil Apps

* FEMA National Weather Service – real-time alerts, emergency safety tips for and info on local shelters, disaster recovery centers.
* First Aid by the American Red Cross First
* American Red Cross also has: Earthquake, Flood, Tornado, Emergency Alerts
* The Weather Channel

<https://www.ready.gov/winter-weather>

<https://www.ready.gov/wildfires>

<https://www.ready.gov/earthquakes>

<https://www.ready.gov/severe-weather>