

## Preparing an Emergency Kit

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Direct support professionals (DSPs) should always check with their organization to understand their guidelines for emergency preparation. This tip sheet details the basic items to include in any emergency kit. **Be sure to check on and replenish expired food and medications in your supply kit every six months.**

### Items to Include:

- Water: one gallon for each person, for each day (prepare a 3-day supply for evacuation and a 2-week supply for home)
- Food: non-perishable food such as canned beans, vegetables, etc. (prepare a 3-day supply for evacuations, 2-week supply for home). Include food items for those with prescribed dietary restrictions.
- Flashlights and extra batteries (be sure to check every six months that the batteries are working)
- First aid kit
- N95 or surgical masks
- Battery-powered radio
- Medications and medical items (prepare a 7-day supply for every person supported)
  - Medications should be stored in a locked bag or container*
- Sanitation and personal hygiene items
- Copies of important personal documents (medical information, proof of address, passports, birth certificates, insurance policies, etc. for each person)
- Cell phone with charger
- Emergency contact information for each person
- Extra cash
- Emergency blankets
- Map of the town or area
- Extra set of house and car keys
- Extra clothing for each person
- Comfort items such as games, cards, or stuffed animals

### More Information:

- Red Cross: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/survival-kit-supplies.html>
- Department of Homeland Security: <https://www.ready.gov/kit>