Emergency Supply Kit

Every household should have an emergency supply kit that will provide for each family member for at least three days. The emergency supply kit should be versatile to suit any type of emergency or disaster. Make sure all family members know where it is located and place the supplies in an easy to carry bag or plastic tub. Remember to include and periodically rotate medication you take everyday.

Water – Store one gallon of water per person per day in plastic containers for drinking and sanitation.

Food – Store food that won’t go bad and does not have to be heated or cooked. Choose foods that your family will eat, including protein or fruit bars, dry cereal, granola, canned foods and juices, peanut butter, jerky, dried fruit, nuts, and crackers. Remember to pack a manual can opener, cups, and eating utensils.

Battery-powered radio – Remember to pack extra batteries.

Flashlight – Remember to pack extra batteries.

First Aid kit

Whistle

Dust mask

Moist towelettes – A pack of baby wipes work great!

Wrench or pliers

Plastic sheeting and duct tape

Good walking shoes

Garbage bags

One month’s supply of extra medication

Warmth – New Mexico’s weather temperatures change significantly between day and night. Think about including warm clothing for each family member in your supply kit. Also include a sleeping bag or warm blanket for each person.

Special Items – Think about your family’s unique needs. Pack infant formula, bottles, diapers, baby food, pet food, feminine hygiene supplies, comfort items, books, paper, pens, and other forms of entertainment. ■