

- Surgical gloves
- Eye drops
- 3 days' supply of any critical prescription medications for everyone in the house. Fill your prescriptions as early as possible and put the overlapping doses in your emergency kit.

- **Health and Comfort supplies**

- Blankets or sleeping bags. For young children include an extra stuffed animal or old baby blanket for comfort.
- Toilet paper
- Medium sized plastic bucket and plastic garbage bag- for an emergency toilet.
- Feminine supplies, extra diapers etc. if needed by your family.
- Dust masks for everyone
- Extra underclothes like underwear and socks. You may be able to wear the same pants for multiple days- but you'll want clean underwear! If your kit has room include a full change of clothes for everyone for layering for warmth or for hygiene.
- Sturdy shoes for everyone
- Helmets- like old sports helmets, construction helmets or bike helmets. This is especially important for dangers like tornadoes where falling debris is the largest killer.
- Moist towelettes for hygiene
- Small container of bleach (for cleaning surfaces and purifying water. 16 drops of bleach in a gallon of water will purify it for drinking. Drink mix can help cover the slight bleach taste.
- Extra assistance/adaptive/ health monitoring equipment, like your old pair of prescription glasses, old blood glucose monitor or an extra cane etc depending on your needs.

- **General supplies**

- Small paper notebook and pen
- Deck of playing cards
- Books
- Children's activity books, toys
- Whistle (to help signal for help when your voice is tired)
- Small hand ax (to help break through debris if it blocks you in)
- Heavy work gloves

- **Pet supplies**

- Leash (or store a pet carrier near your emergency kit to grab for them as you leave)
- Small litter box for cats
- Pet food and a dish for water and food
- License and vaccination records
- 3-day supply of prescription medicines
- A toy