Shelter-in-Place Kit

Your shelter in place kit can be stored in something like a plastic tote that is water resistant and large enough for all the supplies. You may need more than one depending on the size of your household. Store them in your shelter-in-place room so you don't have to move them around when needed. Remember to consider the unique needs of your family in your supplies and that you may be relying on your kit for all food, water and comfort for up to three days.



Identification and information

- Emergency Contact list
- Important pictures on a CD or thumb drive (both your keep sake family photos and recent photos for identification of loved ones such as children and pets should you get separated)
- Copies of important pares like driver's licenses, birth certificates, insurance policies, list of prescription medications. Can either be paper or on a CD or thumb drive.
- First aid and emergency guide book
- Hand crank or battery operated radio. Some will also charge cell phones.

• Food and water

- A gallon of water per person per day for basic hydration and hygiene.
- Drink mix- for added energy
- Emergency food for 3 days.
 - Make sure it is something that can be stored for a long time. It should be high calorie so it will supply your energy needs without taking up a lot of room in your kit. Examples include ready to eat canned meat or fruit, dry cereal or fruit, crackers, energy bars, nuts, peanut butter
 - It is recommended that it be something you can eat without heating or added water. If it requires water you will need to add that additional water to your kit supplies.
 - Avoid using fire based heaters for anything including food. Gas lines may have broken in the disaster and a fire in your shelter area could quickly get out of control. Chemical heaters like those used in camping food or MREs are safer but require additional water.
- Eating supplies like forks and spoons, can openers, plates

Communication and lighting

- An extra charger for your cell phone.
- □ Flashlight or emergency lantern with extra batteries (store batteries outside the flashlight to prevent them corroding) or a hand crank flashlight. You should have one per person- especially for younger children as a comfort item.

• First aid

- First aid kit. This should be a large kit to handle serious injuries or illnesses.
 - Bandages, gauze pads and medical tape
 - Ace bandage or sprain wraps
 - Hydrogen peroxide or antibiotic creams
 - □ Thermometer
 - Over the counter medications: pain killers, fever reducers, stomach sickness.
 - □ Tweezers

- □ 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 daysbut 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