

# Take 10

A simple guide to ten essential items you should pack BEFORE a disaster or emergency occurs.

## 1 Water

**Bottled water.** One gallon per person, per day, for at least 14 days, for drinking and sanitation.

- Keep the water in a cool, dark place and change to a fresh supply every six months.
- For example, a family of 3 should have at least 42 gallons of water on hand: 1 gallon x 3 people x 14 days = 42 gallons



Done

## 2 Food

**Nonperishable food.** A supply of at least 14 days of food per person.

- Ready-to-eat canned meat, fruit, and vegetables
- Powdered milk and soup
- Crackers, granola, trail mix
- Manual can opener
- Basic utensils to prepare and eat food



Done

## 3 Radio & Flashlight

**Keep a flashlight and a radio** for listening to news and weather.

- Consider buying a crank-operated or solar-powered radio.
- Some radios double as flashlights and have USB outlets for recharging handheld devices.
- Don't forget extra batteries!



Done

## 4 Electronics

- Cell phones with chargers
- Laptop or tablet
- Solar chargers



Done

## 5 Health & Medical Supplies

**Have at least two weeks' worth** of any prescription medicines you're taking.

- Be sure to replace medications that expire.
- Have two weeks' supply of health supplies you typically need (e.g., contact lens cleaner).
- Don't forget medical devices like inhalers, CPAP machines, etc.



Done

## 6 Clothes

**Collect one** change of clothes and footwear per person.

- Consider packing blankets, rain gear, and outerwear in case of inclement weather.
- If you wear glasses, consider packing a spare pair.

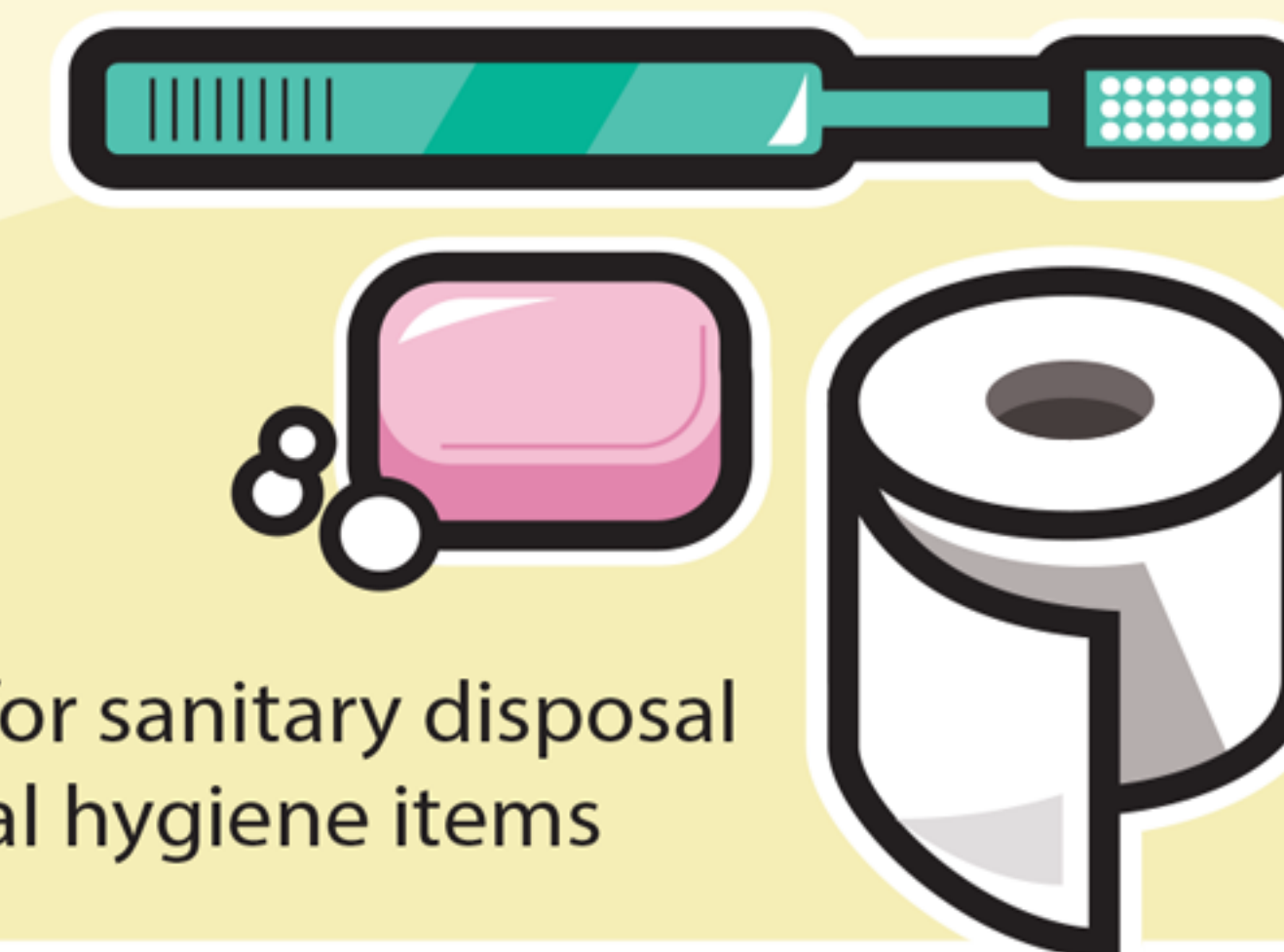


Done

## 7 Hygiene & Personal Care Items

**Basics** like soap, toilet paper, toothpaste, and toothbrush.

- Moist towelettes can be useful for quick sanitation.
- Garbage bags and plastic ties for sanitary disposal
- Feminine supplies and personal hygiene items

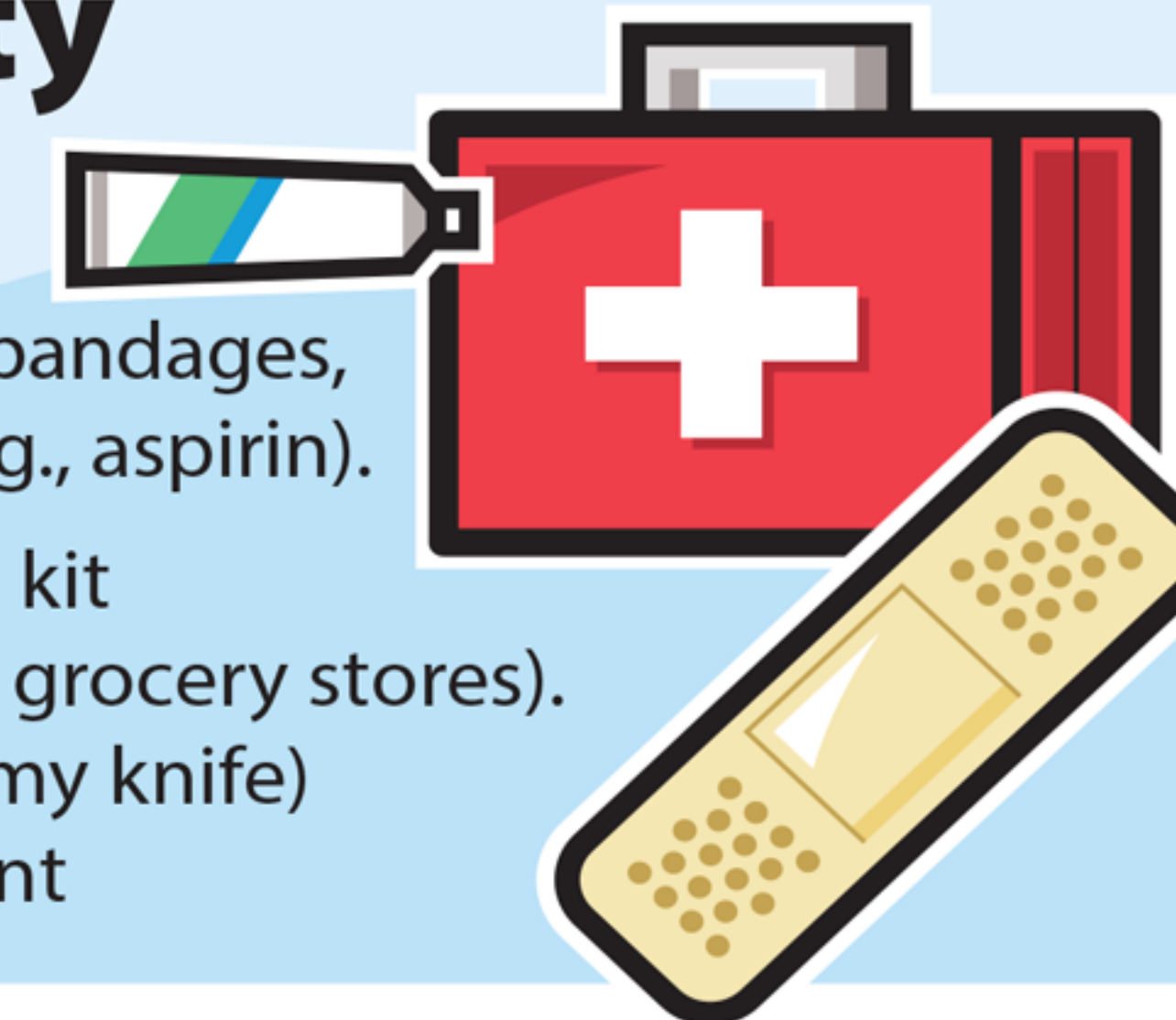


Done

## 8 First Aid & Safety Supplies

**Basics such as** antiseptic, gloves, bandages, and non-prescription medicines (e.g., aspirin).

- Make or buy a pre-made first-aid kit (available at most pharmacies or grocery stores).
- Multipurpose tool (e.g., Swiss Army knife)
- Sunscreen and mosquito repellent



Done

## 9 Cash & Documents

**Important documents plus enough money** (in small bills) to purchase extra food, water, or other items, for at least 14 days. Store these items in a waterproof pouch.

- Identification
- Insurance cards
- Contact list (doctors, family, etc.)
- Immunization records & medical history
- Bank account info



Done

## 10 Supplies for Unique Needs

**Remember** to plan for family members with unique needs.

- Infants/toddlers – diapers, formula, bottles, wipes, toys/comfort items
- Elderly or those with special needs – hearing aid, wheelchair, eyeglasses, etc.
- Books, games, puzzles, cards, other activities
- Pets – food and water, leashes, carriers



Done