



Mason County Division of Emergency Management

BUILD A KIT

You may need to survive on your own after an emergency. This means having your own food, water and other supplies in sufficient quantity to last for at least 72 hours. Local officials and relief workers will be on the scene after a disaster but they cannot reach everyone immediately. You could get help in hours or it might take days.

Additionally, basic services such as electricity, gas, water, sewage treatment and telephones may be cut off for days or even a week, or longer. Your supplies kit should contain items to help you manage during these outages.

Try to assemble your kit well in advance of an emergency. You may have to evacuate at a moment's notice and take essentials with you. You will probably not have time to search for the supplies you need or shop for them.

Basic Disaster Supplies Kit – You'll need a gallon of **water** per person per day for drinking and sanitation. Include in the kit a three day supply of non-perishable **foods** that are easy to store and prepare such as protein bars, dried fruit or canned foods. For more information see <http://www.ready.gov/basic-disaster-supplies-kit>

Maintaining Your Kit – Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack or duffel bag. For more information see <http://www.ready.gov/maintaining-your-kit>

Kit Storage Locations – Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles. For more information see <http://www.ready.gov/kit-storage-locations>

Water – Water is an essential element to survival and a necessary item in an emergency supplies kit. Following a disaster, clean drinking water may not be available. Your regular water source could be cut-off or compromised through contamination. Prepare yourself by building a supply of water that will meet your family's needs during an emergency. For more information see <http://www.ready.gov/build-kit/water>

Food – During and after a disaster, it will be vital that you and your household (including your pets) eat enough to maintain your strength. Eat at least one well-balanced meal each day, more if you are working hard, if activity is reduced, healthy people can survive on half their usual food intake for an extended period and without any food for many days. Food, unlike water, may be rationed safely, except for children and pregnant women. For more information see <http://www.ready.gov/food>