

# BASIC KIT SUPPLIES FOR 7 TO 10 DAYS

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- ☐ **Water for 7 to 10 days**  
1 gallon per person per day for drinking and sanitation
- ☐ **Food for 7 to 10 days**  
At least a 7 to 10 day supply of non-perishable food per person
- ☐ **Cash**  
ATMs won't work without electricity. Small bills are best.
- ☐ **Battery-powered radio and extra batteries**
- ☐ **Flashlight and extra batteries**
- ☐ **First aid kit**
- ☐ **Whistle to signal for help**
- ☐ **Filter mask or cotton t-shirt to help filter the air**
- ☐ **Moist towelettes for sanitation**
- ☐ **Wrench or pliers to turn off utilities *if needed***
- ☐ **Manual can opener for food**
- ☐ **Shelter items like tents, tarps and rope**
- ☐ **Garbage bags and plastic ties for personal sanitation**
- ☐ **Unique family needs**  
Supplies for infants, pets and elderly, prescriptions, and important family documents

In Partnership with:

**Puget Sound  
Offices of  
Emergency  
Management**



What to do to  
**Make it Through**

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