



Amesbury Office of Emergency Management

Recommended Items to Include in a Basic Emergency Supply Kit:

- Water, one gallon of water per person per day for at least three (3) days, for drinking and sanitation.
- Food, at least a three (3) day supply of non-perishable food.
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both.
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air, plastic sheeting and duct tape to shelter-in-place.
- Moist towelettes, garbage bags and plastic ties for personal sanitation.
- Wrench or pliers to turn off utilities.
- Manual Can opener for food (if kit contains canned food).
- Local maps
- Cell phone with chargers (especially a car charger in case of electrical loss)

Additional items to Consider Adding to an Emergency Supply Kit

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet(s).
- Important family documents such as; copies of insurance policies, identification, and bank account records in a waterproof, portable container.
- Cash or traveler's checks and change
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including; a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

- Household chlorine bleach and medicine dropper – when diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or, in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe, or bleaches with added cleaners.
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items.
- Mess kits, paper cups, plates, plastic utensils, and paper towels.
- Paper and pencil
- Books, games, puzzles, or other activities for children.

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