HAWAII STATE DEPARTMENT OF HEALTH

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

# Plan 9

## 1 Water

☐ Done

**Bottled water.** One gallon per person, per day, for at least 7 days, for drinking and sanitation.

- Keep the water in a cool, dark place and change to a fresh supply every six months.

## 2 Food

☐ Done

**Nonperishable food.** A supply of at least 7 days of food per person.

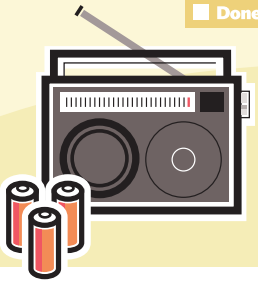
- Ready to eat canned meat, fruit and vegetables
- Powdered milk and soup
- Crackers, granola, trail mix
- Manual can opener

## 3 Radio

☐ Done

**A battery-powered radio** for listening to news and weather.

- Consider buying a crank-operated or solar-powered radio.
- Don't forget extra batteries! Buy them in advance in case they're in short supply.

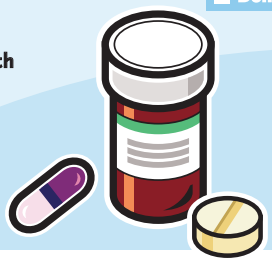


## 4 Medications

☐ Done

**Collect at least a week's worth** of any prescription medicines you're taking.

- Be sure to note the expiration date so you don't keep them past their date.



## 5 Clothes

☐ Done

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

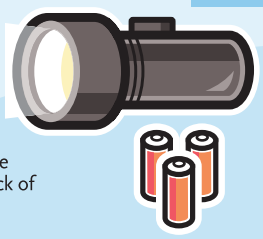
- Consider packing blankets, rain gear and outerwear in case of inclement weather.
- If you wear glasses, consider packing a spare pair.

## 6 Flashlight

☐ Done

**Keep a bright flashlight** in case there's no electric power.

- Consider getting a lantern-style light for hands-free use.
- Don't use candles! They're a fire hazard and are easy to lose track of when the lights come back on.

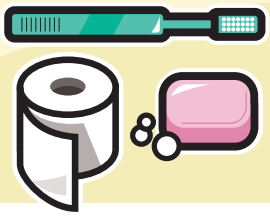


## 7 Hygiene Items

☐ Done

**Just the basics** like soap, toiletpaper and a toothbrush.

- Moist towelettes can be useful for quick sanitation.

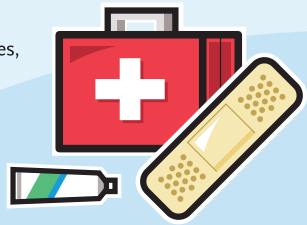


## 8 First Aid

☐ Done

**Basics such as** antiseptic, gloves, bandages and non-prescription medicines.

- You can buy a pre-made kit at most pharmacies or grocery stores.



## 9 Cash

☐ Done

**Enough money** (in small bills) to purchase extra food, water or other items, for at least 7 days.

**For more information** about emergency preparedness, contact some of the following organizations:

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| Hawaii Department of Health | www.health.hawaii.gov |
| Hawaii Emergency Management Agency (includes links to neighbor islands) | www.scd.hawaii.gov/preparedness.html |
| Dept. of Emergency Mgmt. (O'ahu) | www.honolulu.gov/dem.html |
| American Red Cross | www.redcross.org |
| Centers for Disease Control and Prevention | www.cdc.gov |
| Federal Emergency Management Agency | www.fema.gov |
| Department of Homeland Security | www.ready.gov |