



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

# Plan



## 1 Water

**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.

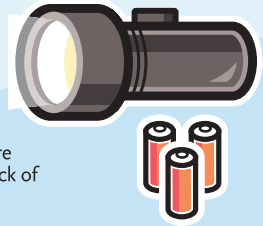


Done

## 6 Flashlight

**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.



Done

## 2 Food

**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

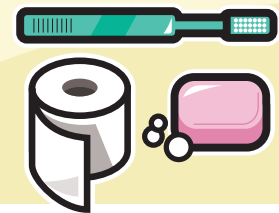


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## 7 Hygiene Items

**Just the basics** like soap, toilet paper and a toothbrush.

- Moist towelettes can be useful for quick sanitation.

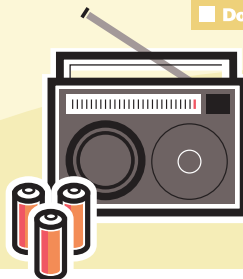


Done

## 3 Radio

**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.

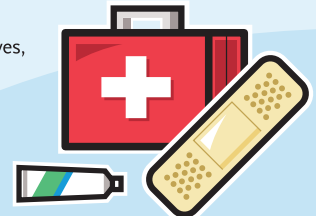


Done

## 8 First Aid

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

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

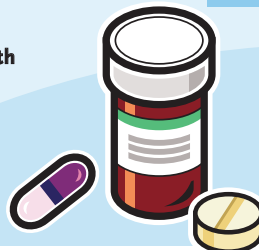


Done

## 4 Medications

**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.



Done

## 9 Cash

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



Done

## 5 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

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

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