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

- **Hawaiian Department of Health**
  - health.hawaii.gov

- **Hawaii Emergency Management Agency**
  - dod.hawaii.gov/hiema

- **County Emergency Management & Civil Defense**
  - City & County of Honolulu: www.honolulu.gov/cem
  - Hawaii County: www.hawaiicounty.gov/civil-defense
  - Kauai County: www.kauai.gov/kema
  - Maui County: www.mauicounty.gov/70/Emergency-Management-Agency

- **American Red Cross**
  - www.redcross.org

- **Centers for Disease Control and Prevention**
  - www.cdc.gov/phpr/areyouprepared

- **Federal Emergency Management Agency**
  - www.fema.gov

You can do this.
A simple guide to ten essential items you should pack BEFORE a disaster or emergency occurs.

1. Water

Bottled water. One gallon per person, per day, for at least 14 days, for drinking and sanitation.

- Keep the water in a cool, dark place and change to a fresh supply every six months.
- For example, a family of 3 should have at least 42 gallons of water on hand.

1 gallon x 3 people x 14 days = 42 gallons

2. Food

Nonperishable food. A supply of at least 14 days of food per person.

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

3. Radio & Flashlight

Keep a flashlight and a radio for listening to news and weather.

- Consider buying a crank-operated or solar-powered radio.
- Some radios double as flashlights and have USB outlets for recharging handheld devices.
- Don’t forget extra batteries!

4. Electronics

- Cell phones with chargers
- Laptop or tablet
- Solar chargers

5. Health & Medical Supplies

- Have at least two weeks’ worth of any prescription medicines you’re taking.
- Be sure to replace medications that expire.
- Have two weeks’ supply of health supplies you typically need (e.g., contact lens cleaner).
- Don’t forget medical devices like inhalers, CPAP machines, etc.

6. 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.

7. Hygiene & Personal Care Items

- Basics like soap, toilet paper, toothpaste, and toothbrush.
- Moist towelettes can be useful for quick sanitation.
- Garbage bags and plastic ties for sanitary disposal.
- Feminine supplies and personal hygiene items.

8. First Aid & Safety Supplies

- Basics such as antiseptic, gloves, bandages, and non-prescription medicines (e.g., aspirin).
- Make or buy a pre-made first-aid kit (available at most pharmacies or grocery stores).
- Multipurpose tool (e.g., Swiss Army knife).
- Sunscreen and mosquito repellent.

9. Cash & Documents

- Important documents plus enough money (in small bills) to purchase extra food, water, or other items, for at least 14 days.
- Identification
- Contact list (family, etc.)
- Immunization records & medical history
- Bank account info

10. Supplies for Unique Needs

- Remember to plan for family members with unique needs.
- Infants/toddlers – diapers, formula, bottles, wipes, toys/comfort items
- Elderly or those with special needs – hearing aid, wheelchair, eyeglasses, etc.
- Books, games, puzzles, cards, other activities
- Pets – food and water, leashes, carriers, etc.