



HAWAII STATE  
DEPARTMENT  
OF HEALTH

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

Take 10



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**A simple guide** to ten essential items you should pack **BEFORE** a natural disaster or health emergency occurs. Have these ready if you shelter in place or if you must quarantine. Bring as much as you can if you must evacuate.

## 1 Water

Done

**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

Done

**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

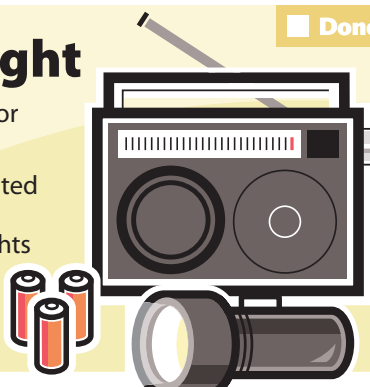


## 3 Radio & Flashlight

Done

**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

Done

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



## 5 Health & Medical Supplies

Done

**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, thermometers, CPAP machines, etc.



## 6 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.

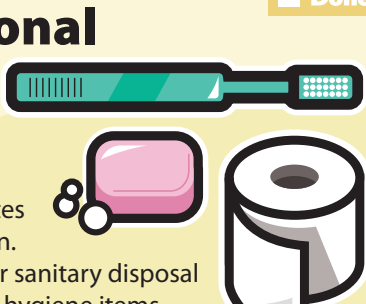


## 7 Hygiene & Personal Care Items

Done

**Basics** like soap, toilet paper, toothpaste, and toothbrush.

- Hand sanitizer or moist towelettes can be useful for quick sanitation.
- Garbage bags and plastic ties for sanitary disposal
- Feminine supplies and personal hygiene items

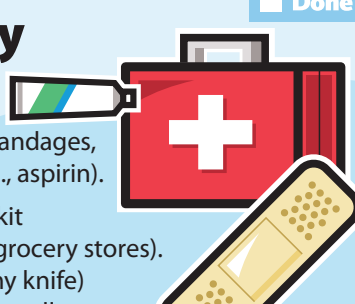


## 8 First Aid & Safety Supplies

Done

**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)
- Masks, sunscreen, and mosquito repellent



## 9 Cash & Documents

Done

**Important documents plus enough money** (in small bills) to purchase extra food, water, or other items, for at least 14 days. Store these items in a waterproof pouch.

- Identification
- Insurance cards
- Contact list (doctors, family, etc.)
- Immunization records & medical history
- Bank account info



## 10 Supplies for Unique Needs

Done

**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



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

|   |   |
|---|---|
| Hawaii Department of Health                 | <a href="https://health.hawaii.gov/prepare">health.hawaii.gov/prepare</a>   |
| Hawaii Emergency Management Agency          | <a href="https://dod.hawaii.gov/hiema">dod.hawaii.gov/hiema</a>   |
| County Emergency Management & Civil Defense |   |
| City & County of Honolulu                   | <a href="https://www.honolulu.gov/dem">www.honolulu.gov/dem</a>   |
| Hawaii County                               | <a href="https://www.hawaiicounty.gov/civil-defense">www.hawaiicounty.gov/civil-defense</a>                               |
| Kauai County                                | <a href="https://www.kauai.gov/kema">www.kauai.gov/kema</a>   |
| Maui County                                 | <a href="https://www.mauicounty.gov/70/Emergency-Management-Agency">www.mauicounty.gov/70/Emergency-Management-Agency</a> |
| American Red Cross                          | <a href="https://www.redcross.org">www.redcross.org</a>   |
| Centers for Disease Control and Prevention  | <a href="https://www.cdc.gov/phpr/prepareyourhealth">www.cdc.gov/phpr/prepareyourhealth</a>                               |
| Federal Emergency Management Agency         | <a href="https://www.fema.gov">www.fema.gov</a>   |

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Write or call the Public Health Preparedness Branch at 1250 Punchbowl St., Honolulu, HI 96822, or at (808) 586-4400 (voice/TRS) or write or call the Affirmative Action Office at P.O. Box 3378, Honolulu, HI 96801-3378 or at (808) 586-4614 (voice/TRS) within 180 days of a problem.



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**You can do this.**