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

Hawaiian Department of Health: health.hawaii.gov/prepare
Hawaii Emergency Management Agency: dod.hawaii.gov/hiema
County Emergency Management & Civil Defense:
- City & County of Honolulu: www.honolulu.gov/civil-defense
- Hawaii County: www.hawaiicounty.gov/civil-defense
- Kauai County: www.kauai.gov/civil-defense
- 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/prepareyourhealth

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

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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.

This publication was supported by Cooperative Agreement Number U50/CCU302718 from the CDC to the National Association of County & City Health Officials (NACCHO). Its contents are based on materials produced by the Montgomery County, Maryland Advanced Practice Center for Public Health Emergency Preparedness and Response and do not necessarily represent the official views of CDC or NACCHO.
A simple guide to ten essential items you should pack in case of a 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.

### 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

### 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

### 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!

### Electronics
Cell phones with chargers
- Laptops or tablets
- Solar chargers

### Health & Medical Supplies
Have at least two weeks’ worth of prescription medicines you’re taking.
- Basic first-aid kit
- Have two weeks’ supply of health supplies you typically need (e.g., contact lenses, glasses)
- Don’t forget medical devices like inhalers, rheumatoid, CPAP machines, etc.

### 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.

### Hygiene & Personal Care Items
Basics like soap, toilet paper, toothpaste, and toothbrush.
- Hand sanitizer or moist towelettes can be useful for quick sanitation.
- Garbage bags and plastic for sanitary disposal
- First-aid supplies and personal hygiene items

### 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)
- Masks, sunscreen, and mosquito repellent
- Don’t forget medical devices like inhalers, rheumatoid, CPAP machines, etc.

### Cash & Documents
Important documents plus enough money (or 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

### 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

### 10 Steps
1. Water
2. Food
3. Radio & Flashlight
4. Electronics
5. Health & Medical Supplies
6. Clothes
7. Hygiene & Personal Care Items
8. First Aid & Safety Supplies
9. Cash & Documents
10. Supplies for Unique Needs

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Kauai County
www.kauai.gov/bee

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/prepareyourhealthandPrevention

Federal Emergency Management Agency
www.fema.gov

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Kauai County  www.kauai.gov/beat
Molokai County  www.molokainn.gov/175/Emergency-Management-Agency
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You can do this.

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