



HAWAII STATE  
DEPARTMENT  
OF HEALTH

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

Take 10



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**A simple guide** to ten essential items you should pack BEFORE a disaster or emergency occurs. Have these ready if you shelter in place, and bring as many 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

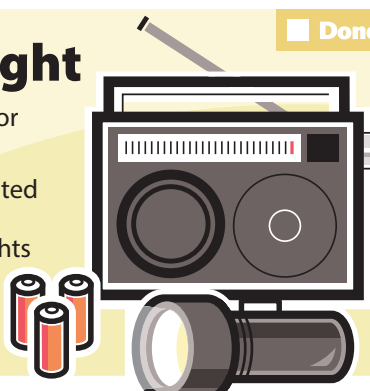


## 3 Radio & Flashlight

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, 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.

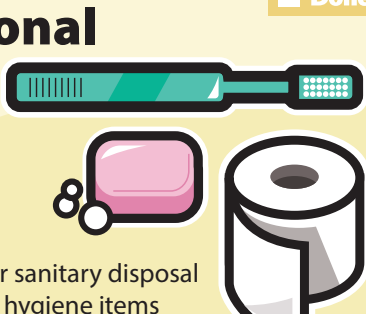


## 7 Hygiene & Personal Care Items

Done

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

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

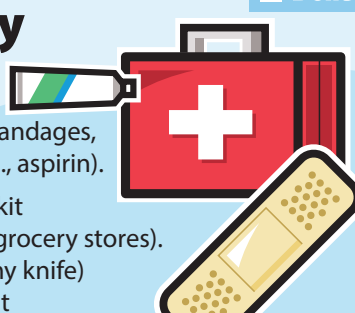


## 8 First Aid & Safety Supplies

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)
- 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.



**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.

**You can do this.**