

**Bulletin Title: National Preparedness Month “From Conversation to Action”**

**Subtitle: Take Action – Build a Kit!**



### September National Preparedness Month | Week 3: “Build a Kit”

Now that you’ve been involved in key conversations, assessed your needs, and developed a plan, it’s time to put your plan into action—[by building your Emergency Kit!](#)

Remember, you don’t need to gather everything all at once. Take gradual steps each week or month to build and enhance your kit. Consider having a kit for different locations, such as your home, vehicle, and workplace.

#### Basic Disaster Supplies Kit:

- **Water:** One gallon per person per day for several days (for drinking and sanitation)
- **Food:** Several days' supply of non-perishable food
- **Radio:** Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert
- **Flashlight:** With extra batteries
- **First Aid Kit:** Includes moist towelettes, garbage bags, and plastic ties for personal sanitation
- **Whistle:** To signal for help & **Dust mask:** To help filter contaminated air
- **Plastic Sheeting, Scissors, and Duct Tape:** For sheltering in place
- **Wrench or Pliers:** To turn off utilities & **Manual Can Opener:** For food
- **Local Maps**
- **Cell Phone:** With chargers and a backup battery
- **Cell Phone:** With chargers and a backup battery

**Additional Supplies to Consider:**

- **Soap, Hand Sanitizer, and Disinfecting Wipes:** For cleaning and disinfecting surfaces
- **Prescription Medications:** Half of Americans take daily medications. Organize and protect your meds to be prepared for emergencies.
- **Non-Prescription Medications:** Such as pain relievers, anti-diarrhea medication, antacids, or laxatives
- **Prescription Eyeglasses and Contact Lens Solution**
- **Infant Supplies:** Formula, bottles, diapers, wipes, and diaper rash cream
- **Pet Supplies:** Food and extra water for your pet
- **Cash or Traveler's Checks**
- **Important Documents:** Copies of insurance policies, ID, and bank account records, saved electronically or in a waterproof, portable container
- **Sleeping Bag or Warm Blanket:** For each person
- **Clothing:** Complete change appropriate for your climate and sturdy shoes
- **Fire Extinguisher & Matches:** In a waterproof container
- **Feminine Supplies and Personal Hygiene Items**
- **Mess Kits:** Paper cups, plates, paper towels, and plastic utensils
- **Entertainment for Children:** Books, games, puzzles, or other activities

For more information visit the [SSA Office of Disaster Preparedness and Emergency Management Website](#).

Take care and stay safe!

[Government and Community Relations \(GCR\)](#)

Office of Disaster Preparedness and Emergency Management (DPEM)

[SSADPEM@acgov.org](mailto:SSADPEM@acgov.org)