

Why Should You Have an Emergency Kit at Home?

Every year, thousands of Americans are affected by weather hazards that require them to take shelter and stay home until the hazard passes. During any trip to the grocery store before any significant tropical or winter storm system, you will find shelves of bread, water, and canned food dwindled down to almost nothing. However, planning in advance and having an emergency kit at home can help you when hazardous weather comes your way.

Imagine you are stuck in your house with five feet of snow outside. Every store is closed. The roads are closed. Having a well-stocked emergency supplies kit can help keep your family and you safe and as comfortable as possible until it is possible to clear out.

According to a 2012 Yale University study, only 37% of Americans have an emergency supply kit in their homes. This number should be and can be higher. This pamphlet will help you learn about what should be in your emergency supply kit at home.

Source: Leiserowitz et. al. *Extreme Weather, Climate & Preparedness in the American Mind*. Yale University. 2012.

Where Can I Learn More?

Visit the websites listed below to get more information on emergency and first aid kits.

Federal Emergency Management Agency
<https://www.fema.gov>
<https://www.ready.gov>

Minnesota Homeland Security and
Emergency Management
<https://www.hsem.dps.mn.gov>

American Red Cross
<https://www.redcross.org>

National Oceanic and
Atmospheric Administration
<https://www.noaa.gov>



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Emergency Supply and First Aid Kits



What's an emergency kit?
What should be in an emergency kit?
What should be in a first aid kit?

StormReady in a Box
Supplemental Information Pamphlet
NWS Twin Cities
Chanhassen, MN

Emergency Supply Kit: Contents

According to the American Red Cross, a good emergency supply kit should have at least the following:

- Water, one gallon per person, per day
- Non-perishable food items
- Flashlight
- Battery Powered/Hand Crank Radio
- Batteries
- First-Aid Kit
- Multi-purpose tool (e.g. Swiss Army Knife)
- Personal Hygiene Items
- Copies of Personal Documents
- Cell Phone & Charger
- Emergency Contact List
- Blankets
- Maps (if evacuation necessary)
- Extra Cash
- Manual Can Opener
- Person-specific medical supplies
- Entertainment Items

The following items should be considered for your emergency supplies kit if you have pets, infants, or children:

- Pet Supplies
- Diapers
- Games and Activities for Children

Depending on the hazard and your specific location, the following items should also be in your emergency supplies kit:

- Towels
- Matches
- Rain Gear
- Scissors
- Duct Tape

Non-Perishable Food Items

Not every food item is good for an emergency supply kit. Food items in emergency supply kits should not need refrigeration or freezing, nor should they expire quickly.

Food items should be edible without heating, as you may not have access to a method of cooking. Remember, you need enough food for everyone in your family, for multiple days. Consider some of the following items for your emergency supply kit. This list is not all-inclusive.

- Fruit Cups
- Granola/Trail Mix
- Cereal
- Dried Fruit
- Dried Beef
- Canned Soup/Vegetables
- Peanut Butter
- Pretzels
- Granola/Snack Bars
- Lemonade/Beverage Packets
- Snack Crackers (e.g. wheat thins, etc.)
- Bagged Popcorn
- Food/Calorie Bars

Many wholesalers and other merchants sell emergency food supply kits as well. A simple web search or trip to a local store can quickly add to your kit.



Having a good Emergency Supply Kit helps your house be StormReady!

First Aid Kit: Contents

A good first aid kit should be prepared to ensure that all minor and some significant care can be given. A first aid kit should be kept with your emergency supply kit. Also, a first aid kit should also be kept in every car, mobile home, and garage. The following items are suggested to be in your home and car first aid kit.

- Adhesive Bandages
- Absorbent Compress Dressings
- Cloth Tape
- Antibiotic Ointment
- Antiseptic Wipes
- Aspirin
- Blanket (especially for car)
- Breathing Barrier
- Cold Compress
- Non-latex gloves
- Hydrocortisone Ointment
- Roller Bandages
- Gauze
- Thermometer (non-glass)
- First-aid Guide Book
- Tweezers
- Triangle Bandages

For your first aid kit, as part of your emergency supply kit, consider including the following in addition to the above:

- Personal Medications
- Specific Medical and Hygienic Items

First-aid kits of all sizes and applications can be bought from the American Red Cross, hardware stores, camping stores, and a variety of other retailers nationwide. Both your first aid kits and emergency supply kits should be updated regularly.