

What is an individualized emergency kit? How do you build one? (Audio Transcript)

An individual emergency kit includes items you may need if there is an emergency.

Building a kit is an important part of preparing for an emergency.

Your kit should meet your specific needs, so consider the items you use every day when deciding what to add to your kit.

You can start building your emergency kit by adding the supplies you will need for at least a week, in case you need to stay at home during an emergency. Also, consider what supplies you may need to take with you if you need to evacuate or leave your home.

Think about how you will transport your supplies.

If you have a service animal, emotional support animal, or pet, include their supplies in your kit as well.

Your supplies may include food, water, medication, medical supplies, communication aids, batteries, or portable chargers for any assistive equipment you may have.

Include copies of any important documents, such as copies of prescriptions, orders for assistive equipment, insurance cards and policies, rental agreements, deeds, titles, and birth certificates.

Remember to include food and water for your service animal and bags to get rid of their waste.

Keep a list of all the medications you take.

Know how much medication you have left and when it needs to be refilled.

If you have medication that needs to be refrigerated, include a cooler.

Include a contact list, such as phone numbers and email addresses, of people who support your physical, mental, or emotional health. These contacts can include family, friends, neighbors, and care providers.

Store your contact list and any important documents in a watertight container.

Consider any additional assistive equipment you may need, such as a cane, walker, lightweight manual chair, or communication board.

Emergency kits are unique to each individual.

You can add more information to your kit to make sure it meets your needs.

Once you build your individual emergency kit, keep it up to date, complete, and easy to find.

Check your kit every 6 months to make sure all the items are current, work correctly, and still meet your needs.

Emergencies can happen fast and without any warning, but you can prepare for them.

Use these tips to start building your individual emergency kit now, to prepare for the future.