

Building a 7 Day Emergency Kit



Contains specific information on food, water, and power generation

Preparing now will save you later!

A 12 week schedule for a cost-effective approach



State of

Alaska

Department of Military
and Veterans Affairs

Homeland Security &
Emergency Management





Emergency Kit Guide



Initial Considerations

- Establish an accessible place to store your kit:
 - Your family will need supplies for at least **7 Days**
 - Plan as a family for emergency situations
 - Determine unique personal or family needs for your kit
 - Copy your critical documents and store them in your Go Kit
- Plan to make your kit in several parts:
 - Main Kit (at home)
 - Go Kit (for evacuation)
 - Vehicle Kit (if stranded)

Food Storage

Decide how you are going to prepare your food during a power outage
Purchase/Store your food in 3 meal, 1 Day Units

- Choose your food according to your family's needs
 - If you don't eat it, don't buy it
 - Factors in food choice:
 - Shelf Life
 - Nutrition
 - Preference
 - Choose foods that will provide energy
 - Avoid foods that will make you thirsty
 - Store your food in a cool, dry area
- If vacuum sealing or canning, follow sanitary guidelines
 - Good Foods to Consider (Approximate Shelf Life):
 - Ready to eat canned meals (1 Year)
 - Protein Bars/Nuts (1 Year)
 - Dried Fruit/Fruit Bars (6 Months)
 - Crackers/Peanut Butter (1 Year)
 - Consider dietary constraints when storing food
 - Always double check food before eating it
 - Do not** allow canned goods to freeze!

Water Storage/Purification

There are many ways to treat water, choose the best for your situation
Plan on 1 Gallon of water per person per day

- Your water storage is not just for drinking, but also cleaning, sanitation, etc.
 - Unless you know it's clean, always purify water:
 - Boiling 3-5 minutes
 - ¼ tsp. or 16 drops of bleach per gallon
 - Distillation
 - If using other water purification methods, know the capabilities/limitations before using it.
- You may store drinking water separately from other use water.
 - In dire emergency situations, your water heater reservoir can serve as a water source.
 - Change your drinking water every 6 months
 - Store your water in clean containers, do not use bottles that might contain contaminants, like old milk cartons.

Generators/Indoor Heaters

Choose a generator based on your family's minimum needs during an emergency
It is important in Alaska to have an emergency heat source for your family

- Never run a generator indoors!**
 - Know the load constraints of your generator
 - Buying a portable generator is a simpler, safer option than trying to install one in your home
 - Keep fuel on hand for your generator
- There are many indoor heating options, such as:
 - Wood Stove
 - Fireplace
 - Propane Heaters
 - Always follow the manufacturer's instructions for ventilating your heat source



Emergency Kit Schedule

Use this schedule as a cost-effective means of building a 7 day emergency kit over a 12 week period
If needed, each week can be divided into 2 weeks to make it a 24 week program

As you go:

- Inventory what you already have, start with those items
- Put Expiration labels on items with a shelf life
- Make two parts to your kit: the Home Kit and the Go-Kit
- Your go kit will contain small portions of your main kit, according to what you can carry

Week 1	First Aid Kit <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Large Container to store your Kit: Trash can, large tote, etc. <input type="checkbox"/> Hand Operated Can-Opener <input type="checkbox"/>
Week 2	Duct Tape <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Plastic Sheeting <input type="checkbox"/> Utility Knife <input type="checkbox"/> Backpack for Go-Kit <input type="checkbox"/>
Week 3	Flashlight <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Extra Batteries <input type="checkbox"/> Anti-Bacterial Soap <input type="checkbox"/> Sleeping Bag/Pad <input type="checkbox"/>
Week 4	Over the Counter Medication <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Extra Tooth Brush* <input type="checkbox"/> Tube of Toothpaste <input type="checkbox"/> Emergency Poncho* <input type="checkbox"/>
Week 5	Heavy Cord <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Lighter & waterproof matches <input type="checkbox"/> Pen/Notepad <input type="checkbox"/>
Week 6	Body Wash/Shampoo <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Roll of Toilet Paper* <input type="checkbox"/> Personal Hygiene Wipes <input type="checkbox"/>
Week 7	Water Purification System <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Feminine Products (If Needed) <input type="checkbox"/> Baby Care Items (If Needed) <input type="checkbox"/>
Week 8	Weather Radio (battery/crank powered) <input type="checkbox"/> Extra Eye Glasses/Contacts <input type="checkbox"/> Other Food Items <input type="checkbox"/>	Extra Blankets <input type="checkbox"/> Extra Clothes <input type="checkbox"/>
Week 9	Cooking System (For outdoor use only) <input type="checkbox"/> Dust Mask* <input type="checkbox"/> Additional Special Needs Items (Inhaler, etc.) <input type="checkbox"/>	Bucket w/lid (Emergency Toilet) <input type="checkbox"/> Sewing Kit <input type="checkbox"/>
Week 10	Indoor Heating System <input type="checkbox"/> Compass/GPS <input type="checkbox"/> Extra Batteries <input type="checkbox"/>	Sunscreen <input type="checkbox"/> Whistle <input type="checkbox"/>
Week 11	Emergency Tools (Wrench, Pry Bar, etc.) <input type="checkbox"/> Pet Food <input type="checkbox"/>	Toys/Books for Kids (If Needed) <input type="checkbox"/> Other Personal Comfort Items <input type="checkbox"/>
Week 12	Generator (If Affordable) <input type="checkbox"/> Other Food Items <input type="checkbox"/>	Pet Supplies (Leash, ID, etc.) <input type="checkbox"/> Bug Spray <input type="checkbox"/>

* Per Person

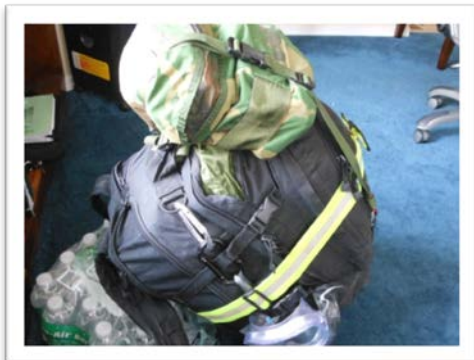
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DISASTER PREPAREDNESS ON THE LAST FRONTIER

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