

## **How to Make a 5 Day Survival Kit for Emergency Preparedness**

This kit should be put together in a practical manner so that you can carry it with you if you ever need to evacuate your home. It is also important to prepare one for each member of your family who is able to carry one. Kits should be stored in a central location where access will be easy in the event of an emergency. Possible keep a kit in your car, in the event that an emergency occurs while you are away from home.

Note: Check and update your 5 Day Kit at least every 6 months, especially if you have kits for little children.

This is a list of items to store in a 5 day kit so a family can be prepared in case of an emergency.

### **Food and Water**

- Select foods that you would normally eat and that will store for up to a year (i.e. dried fruits, dehydrated foods, crackers and oatmeal)
- Hard candy is good for temporarily satisfying young children and is a treat when desserts are not available.
- Water is a must, store as much as you can easily carry in your kit. A water purifier or purification tablets should also be stored in your kit.
- When filling your kits, just remember that you can live a lot longer without food than water.

### **Bedding and Clothing**

- Change of Clothing (short and long sleeved shirts, pants, jackets, socks, etc.), Undergarments
- Rain Coat/Poncho
- Blankets and Emergency Heat Blankets (that keep in warmth)
- Plastic Sheet or tarp Fuel and Light
- Battery Lighting (Flashlights, Lamps, etc.)
- Extra Batteries (NOTE: Do not keep batteries in flashlights and radio, keep in store packaging)
- Flares, Candles, Glow Sticks
- Lighter, Water-Proof Matches or water-proof container Equipment
- Can Opener, Dishes/Utensils
- Shovel, Axe
- Radio, AM/FM hand charge or battery operated
- Pen and Paper
- Pocket Knife
- Rope, Duct Tape

### **Personal Supplies and Medication**

- First Aid Kit and Supplies
- Toiletries (roll of toilet paper- remove the center tube to easily flatten into a zip-lock bag, feminine hygiene, folding brush, etc.)
- Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc.  
Warning: Scented soap might "flavor" food items.)
- Immunizations Up-to Date
- Medication (Acetaminophen, Ibuprofen, children's medication etc.)
- Prescription Medication (for 5 days) (Place these items in a water-proof container!)
- Scriptures (good reading in stressful times)

- Genealogy Records, Vaccination Papers, Insurance Policies
- Legal Documents (Birth/Marriage Certificates, Wills, Passports, Contracts, etc)
- Cash, Credit Card, Pre-Paid Phone Cards

**Miscellaneous**

- Bag(s) to put 5 Day Kit items in (such as duffel bags or back packs, which work great)  
Make sure you can lift/carry it!
- Infant Needs (if applicable)
- Small rope for clothes line or for a multitude of uses.

**Notes:**

1. Update your 5 Day Kit every six months (put a note in your calendar/planner) to make sure that: all food, water, and medication is fresh and has not expired; clothing fits; personal documents and credit cards are up to date; and batteries are charged.
2. Small toys/games are important too as they will provide some comfort and entertainment during a stressful time.
3. Older children can be responsible for their own pack of items/clothes too.
4. You can include any other items in your 5 Day Kit that you feel are necessary for your family's survival.
5. Some items and/or flavors might leak, melt, "flavor" other items, or break open. Dividing groups of items into individual Ziploc bags might help prevent this.