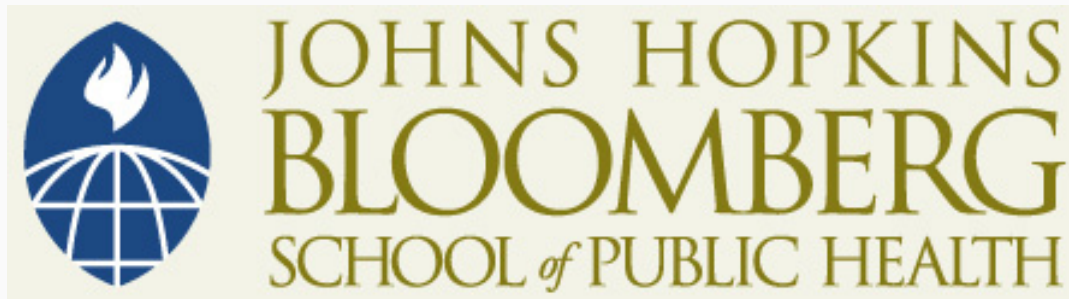


This work is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike License](https://creativecommons.org/licenses/by-nc-sa/4.0/). Your use of this material constitutes acceptance of that license and the conditions of use of materials on this site.



Copyright 2006, The Johns Hopkins University and Daniel Barnett. All rights reserved. Use of these materials permitted only in accordance with license rights granted. Materials provided "AS IS"; no representations or warranties provided. User assumes all responsibility for use, and all liability related thereto, and must independently review all materials for accuracy and efficacy. May contain materials owned by others. User is responsible for obtaining permissions for use from third parties as needed.

Personal Preparedness Planning For Public Health Workers

Daniel Barnett, MD, MPH

Johns Hopkins Center for Public Health Preparedness

Assembling An Emergency Kit

Part 1 of 3

- **Water: 1 gallon/person/day**
 - 3- to 7-day supply recommended
 - Store in sealed, unbreakable containers
 - Note storage date and replace every 6 months

■ **Food**

- Non-perishable food
- 3- to 7-day supply
- Maintain caloric intake
- Minimize preparation
- Manual can opener
- Maintain sanitation, use fresh water for cooking

Shelter and Clothing

■ **Shelter**

- Use blankets/sleeping bags for warmth
- Pillow
- Small candle
- Waterproof matches

■ **Clothing**

- Change of clothes
- Comfortable shoes, socks
- Layers of clothes for comfort
- Raincoat/poncho
- Hat

■ **Basic supplies**

- Personal medications (at least 3 days supply)
- Battery-powered flashlight
- Spare batteries
- Pan for cooking
- Communication/ battery-powered radio
- First aid kit
- Map
- Knife/utensils

■ **Personal hygiene**

- Bathroom tissue
- Deodorant
- Feminine hygiene
- Soap
- Hand-washing materials
- Sunscreen

Other Key Items

- Cash and credit cards
- Personal Identification
- Extra set of car keys
- Extra eyeglasses, contact lenses
- Scissors
- Duct-tape/heavy-duty garbage bags

Additional Considerations

- Should also strongly consider bringing a disaster supply kit to work or leaving one in your car