EMERGENCY PREPAREDNESS SUPPLIES

Each family in Laie II Ward should have individual and family kits ready to be used instantly in case of an emergency that requires evacuating your home. You should prepare to take care of yourself and your family for 72 hours. Kits should be portable and kept in a safe, easy-to-reach location, ready to go.

Individual Emergency Kit

Backpack, duffle bag, or other sturdy container easy to carry
Roll of toilet paper
Pocket first aid kit
Waterproof matches
Lightweight plastic pouch (garbage bag can substitute)
Lightweight emergency blanket, bedroll or light sleeping bag
One or more sturdy candles (for adults, teens)
Small tent or tarp with rope
Drinking cup
Flashlight (check batteries periodically; keep extras in freezer)
Change of clothing, extra socks, slippers, jacket or sweatshirt
Can opener
Pocket or Scout knife (for adults, teens)
Water (in plastic 2-liter bottle with carry strap)
Food: one-two-or three-day supply that doesn’t necessarily need heating or water.
Consider individual preferences, shelf life, durability or container and medical needs: Suggestions:
  ready to eat meat in cans
  canned fruits and vegetables
  nuts, seeds
  peanut butter
  powdered milk, chocolate mixes, drink mix
  canned juices
  dried fruit
  crackers
  emergency military rations (MRE’s)
  vacuum sealed foods
  infant care--canned milk, bottle, nipples
Stress helpers, scriptures, candy, toys, books, games, etc.