

Individual (personal) Disaster Kit

An individual (personal) disaster kit is meant to be portable and sustain the individual for 3 to 5 days. Along with small portable individual kits, you should have a household (whole family) disaster kit.

An individual disaster kit should be in a duffle bag or backpack and kept within easy access of the individual (such as next to or under a bed or by a door). An individual kit should contain at a minimum:

- At least one change of clothes plus a sweatshirt, lightweight jacket, hoodie or similar clothing item in case it's needed.
- A pair of sturdy closed toe shoes
- A flashlight
- Over the counter analgesics (e.g. Motrin, Ibuprofen, etc.)
- 3 to 5 day supply of an prescription medications the individual takes
- Small individual first aid kit or supplies (e.g. adhesive bandages, antiseptic wipes, etc.)
- Snacks or small food items (such as protein or granola bars)
- Writing paper along with pens or pencils
- Comfort items (e.g. toys or coloring books for children, books to read, games to play, etc.)

Don't wait; start to put a kit together today!

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