

How to Build an Individual Emergency Kit

An individual emergency kit includes items you may need if there is an emergency.

Building a kit is an important part of preparing for an emergency. Your kit should meet your specific needs, so consider the items you use every day when deciding what to add to your kit.

Use the following questions and tips to start building your own emergency kit:

What supplies do you need every day or throughout the week?

Tip: You can start building your emergency kit by adding the supplies you will need for at least a week in case you need to stay at home during an emergency. Also, consider what supplies you may need to take with you if you need to evacuate or leave your home. Your supplies may include food, water, medication, medical supplies, communication aids, batteries, or portable chargers for any assistive equipment you may have. If you need more information on how to build your emergency kit, visit [Ready.gov](https://www.ready.gov).

Do you take any medications? Does anything need to be refrigerated?

Tip: Keep a list of all the medications you take. Know how much medication you have left and when it needs to be refilled. If you have medication that needs to be refrigerated, include a cooler in your emergency kit.

Do you have any assistive equipment or other supplies that need power? If so, do you have batteries, a portable charger, or a wall charger to power your equipment or supplies?

Tip: If the power goes out, consider any additional assistive equipment you may need, such as a cane, walker, lightweight manual chair, or communication board.

What important documents should you include in your emergency kit or store separately in a watertight container?

Tip: Include a contact list, such as phone numbers and email addresses, of people who support your physical, mental, or emotional health. These contacts can include family, friends, neighbors, and care providers.

Store your contact list and any other important documents (such as copies of prescriptions, orders for assistive equipment, insurance cards and policies, rental agreements, deeds, titles, and birth certificates) in a watertight container.

Do you have a service animal, emotional support animal, or pet? If so, what supplies will they need in an emergency?

Tip: Include their supplies in your emergency kit. Consider supplies such as food, water, bags to get rid of their waste, and any important documents (such as copies of their medical records, vaccination certificates, microchip information, and any prescriptions).

Where will you store your emergency kit?

Tip: Make sure it is easy to find for you and anyone who supports you.



Once you build your individual emergency kit, keep it up to date, complete, and easy to find. Check your kit **every 6 months** to make sure all the items are **current, work correctly, and still meet your needs**.

Emergencies can happen fast and without any warning, but you don't have to face them unprepared.

Start preparing for emergencies now by following these tips at <https://bit.ly/build-your-kit-now>.

