

# 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 needs, so consider the items you use every day when deciding what to add to your kit.

Find and circle some of the items in the picture you may need to build your emergency kit.

food  
water  
medicine

small cooler  
batteries  
flashlight

radio  
cane  
walker

communication board  
first aid kit



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>.

