



•EMERGENCY•  
MANAGEMENT

# EMERGENCY SUPPLY LIST

Stoughton Emergency Management Agency (SEMA) educates and empowers Stoughton residents and workers to take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. SEMA asks individuals to do three key things: get an emergency supply kit, make a family emergency plan, and be informed about the different types of emergencies that could occur and their appropriate responses. All residents and workers should have a kit for **home**, as well as smaller portable kits in their **workplace** and **vehicle** in order to survive for at least three days (72 hours) if an emergency occurs.

This document lists some of the basic items that every emergency supply kit should include. However, it is important that individuals review this list and consider where they live and the unique needs of their family in order to create an emergency supply kit that will meet these needs.

**At a minimum, your Home Kit should include:**

- **Water:** One (1) gallon of water per person per day for at least three (3) days, for drinking and sanitation
- **Food:** At least a three-day supply of non-perishable foods that do not need cooking (ready-to-eat canned meats, fruits, vegetables, or juices, protein or granola bars, cereal, peanut butter, dried fruit, nuts, crackers, baby food, comfort foods)
- Battery-powered or hand crank **radio** and a **NOAA Weather Radio** with tone alert and extra batteries for both
- **Flashlight or lantern with extra batteries**
- **First aid kit**
- **Whistle to signal for help**
- **Dust mask to help filter contaminated air**
- **Plastic sheeting and duct tape to shelter-in-place**
- **Moist towelettes, garbage bags and plastic ties for personal sanitation**
- **Wrench or pliers to turn off utilities**
- **Can opener if kit contains canned food**
- Copies of **insurance policies, bank account records, identification cards (IDs), medical information**, and other important documents in a waterproof bag
- **Cash (including change) or traveler's checks in the event ATMs may not work during a power outage**
- **Paper and pencil**
- **Local maps**
- **Cellphone charger (auto, solar, or crank) in case power is out**
- **Hygiene bag** (Deodorant, Toothbrush, Toothpaste, Shampoo, Comb, Razor, Shave Cream, Soap, Compact Towel)
- **Change of clothing** including a long sleeved t-shirt, long pants, and sturdy shoes.
- **Matches or lighter in a waterproof container**
- **Water purification tablets**

**Also consider adding:**

- **Fire Extinguisher**
- **Prescription medications** (two-week supply)
- Extra eyeglasses, contact lenses, and dentures
- **Watch** or battery-operated clock
- **Household chlorine bleach and medicine dropper, which can disinfect drinking water.** When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or during in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- **Camp stove** or grill with fuel or canned heat, neither of which should be used indoors
- Sleeping bag or blanket
- Diapers, wipes, formula, baby food and supplies
- Pet collar, leash, harness, crate, food, bowls, current photo, license and medical info
- **Extra batteries** for hearing aids, wheelchairs, or other medical equipment
- Books, small games, puzzles, or other activities for children
- **Mess kit** or disposable cups, plates, and plastic utensils, paper towels
- Feminine supplies and hygiene kit



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## Seasonal Items

- Knit stocking cap
- 1 pair gloves
- 1 pair socks
- Hand warmers
- Bug repellent
- Sun screen
- All items packed in Standup Pouch with Ziploc closure

## Workplace Kit

Be prepared to shelter at work for at least 24 hours. Your work kit should include food, water and other necessities like medicines, as well as comfortable walking shoes.

## Maintaining Your Kit.

After assembling your kits remember to maintain (when you change your clock) them so it's ready when needed:

- Keep canned food in a cool, dry place
- Store boxed food in tightly closed plastic or metal containers
- Replace expired items (food, water, batteries) as needed
- Re-think your needs every 6 months and update your kit as your family's needs change.

## Vehicle Kit

In case you are stranded, keep a kit of emergency supplies in your car.

- Jumper cables
- Flares or reflective triangle
- Ice scraper
- Car cell phone charger
- Cat litter or sand for better tire traction
- Rain poncho with hood
- 400 calorie food bar
- Drinking water
- Emergency (Mylar) blanket
- Lightstick
- LED flashlight