

# Massachusetts Emergency Management Agency



## SUGGESTED ALL-HAZARDS EMERGENCY KIT

- ❑ Bottled water (1 gallon per person/per day for 3 days)
- ❑ Canned goods and nonperishable foods, particularly those that do not need cooking:
  - Canned meats and fish
  - Canned fruits and vegetables
  - Canned soups and puddings
  - Canned fruit juices
  - Dried fruit and nuts
  - Bread, cookies and crackers
  - Peanut butter and jelly
  - Coffee and tea
- ❑ Manual can opener
- ❑ Radio (battery-powered or hand crank), NOAA Weather Radio and extra batteries
- ❑ Flashlight or lantern, with extra batteries
- ❑ First aid kit
- ❑ Diapers, wipes, baby food, formula, if needed
- ❑ Pet food, supplies, tag, crates, if needed
- ❑ Prescription medications (2-week supply)
- ❑ Extra eyeglasses, contact lenses, and dentures
- ❑ Extra batteries for hearing aids, wheelchairs, or other medical equipment,
- ❑ Medical oxygen tanks
- ❑ Whistle to signal for help
- ❑ Moist towelettes, garbage bags, soap, sanitizer, and other personal hygiene items
- ❑ Wrench or pliers to turn off utilities
- ❑ Watch or battery operated clock
- ❑ Copies of important documents and IDs
- ❑ Cell phone and charger (also an auto, solar, or crank charger in case power is out)
- ❑ Cash
- ❑ Water purification tablets and household chlorine bleach
- ❑ Camp stove or grill (outdoor use only) with fuel or Sterno and waterproof matches or lighter
- ❑ Change of clothes and sturdy shoes
- ❑ Sleeping bags or blankets
- ❑ Disposable plates, cups, and utensils
- ❑ Seasonal items such as warm clothes, hat and gloves for winter and sunscreen for summer
- ❑ Books, games, puzzles and other comfort items
- ❑ Duct tape
- ❑ Plastic sheeting or tarp