



# EMERGENCY ESSENTIALS KIT

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## DID YOU KNOW?

The threat of disasters is a daily reality in Texas. We have more disasters than any other state.

## FOOD AND WATER

- 3-day supply of non-perishable food
- Hand-operator can opener
- Plastic plates, cups, and utensils
- 1 gallon of drinking water per person/pet per day for 3 days
- Baby Items (baby food, formula, bottles, diapers)

## FIRST AID AND HYGIENE SUPPLIES

- First Aid Kit
- Backup prescriptions and medications
- Toilet paper, paper towels, garbage bags
- Hearing and vision products (hearing aids and batteries, glasses, contact lenses, contact lens solution, sunglasses)

## COMMUNICATION & LIGHTING

- Flashlight for each family member
- Waterproof matches or a utility lighter
- Cash and 4 rolls of quarters

- Extra batteries for flashlights, lanterns, and weather radio
- Whistle
- Portable, battery-powered radio
- Cell phone charger with brick and cord

## CLEAN AIR ITEMS

- Cloth face covering (N-95 masks if available)
- Plastic sheeting and duct tape (to seal doors, windows and air vents from contaminated air or to build an emergency shelter)

## HOUSEHOLD ITEMS

- Fire extinguisher
- Shovel and basic tools
- Gas and water shutoff tool



## CAR EMERGENCY ESSENTIALS

- Fire extinguisher
- Map of Texas
- First Aid Kit
- Car phone charger
- Cash
- Repair Items (tools, spare tire, oil)

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**City of Wichita Falls  
Office of Emergency Preparedness.**



## FIRST AID KIT ITEMS

- 2 compress dressings (5 x 9 inches)
- 25 band-aids (all sizes)
- First-aid tape
- Antibiotic ointment
- Hydrocortisone ointment
- Aspirin, ibuprofen or acetaminophen
- 2 pair of medical gloves (non-latex)
- Oral thermometer, scissors, tweezers
- 2 roller bandages (different widths)
- 2 elastic bandages
- 10 sterile gauze pads (different sizes)
- 2 triangular bandages (for slings)



## IMPORTANT DOCUMENTS BAG

- Current photo IDs, driver licenses, birth records, Social Security cards, passports (always keep your Social Security number separate from other documents to decrease risk of identity theft)
- Current photos of family members in case you get separated
- Health insurance and prescription cards
- Phone numbers (family, friends, doctors)
- Bank account information
- Insurance documents (homeowner, renter, flood, car)
- Utility bills (to prove where you live)
- Property deeds, leases, mortgages
- Wills
- Medical records, medications and dosages



## PET SUPPLIES

- 3-day supply of food, water, and bowls
- Pet medications and first aid kit
- Vaccination records
- Crate or carrier (may be required in shelters or where you spend the night)
- Leash and toys
- Cat litter and box
- Photo, in case pet gets lost



## PEOPLE WITH DISABILITIES AND FUNCTIONAL NEEDS

- Wheelchairs, walkers, and canes
- Cooler with cold packs for medications
- Extra medications and dosages
- Copies of prescriptions and medical alert tags
- Food for special diets
- Medical supplies (oxygen, glucose monitoring strips, syringes, etc.)
- Hearing aids with extra batteries
- Communication devices
- Supplies and documentation for service animals

Each and every one of us has our own needs. Think about what you would want in a disaster.

