Contains specific information on food, water, and power generation

Preparing now will save you later!

A 12 week schedule for a cost-effective approach
Emergency Kit Guide

Initial Considerations

- Establish an accessible place to store your kit:
- Your family will need supplies for at least 7 Days
- Plan as a family for emergency situations
- Determine unique personal or family needs for your kit
- Copy your critical documents and store them in your Go Kit

- Plan to make your kit in several parts:
  - Main Kit (at home)
  - Go Kit (for evacuation)
  - Vehicle Kit (if stranded)

Food Storage

Decide how you are going to prepare your food during a power outage

- Purchase/Store your food in 3 meal, 1 Day Units

- Choose your food according to your family’s needs
- If you don’t eat it, don’t buy it
- Factors in food choice:
  - Shelf Life
  - Nutrition
  - Preference
- Choose foods that will provide energy
- Avoid foods that will make you thirsty
- Store your food in a cool, dry area

- If you choose to vacuum seal or can, follow sanitary guidelines
- Good Foods to Consider (Approximate Shelf Life):
  - Ready to eat canned meals (1 Year)
  - Protein Bars/Nuts (1 Year)
  - Dried Fruit/Fruit Bars (6 Months)
  - Crackers/Peanut Butter (1 Year)
- Consider dietary constraints when storing food
- Always double check food before eating it
- Do not allow canned goods to freeze!

Water Storage/Purification

There are many ways to treat water, choose the best for your situation

- Plan on 1 Gallon of water per person per day

- Your water storage is not just for drinking, but also cleaning, sanitation, etc.
- Unless you know it’s clean, always purify water:
  - Boiling 3-5 minutes
  - ¼ tsp. or 16 drops of bleach per gallon
  - Distillation
- If using other water purification methods, know the capabilities/limitations before using it.

- You may store drinking water separately from other use water.
- In dire emergency situations, your water heater reservoir can serve as a water source.
- Change your drinking water every 6 months
- Store your water in clean containers, do not use bottles that might contain contaminates, like old milk cartons.

Generators/Indoor Heaters

Choose a generator based on your family’s minimum needs during an emergency

- It is important in Alaska to have an emergency heat source for your family

- Never run a generator indoors!
- Know the load constraints of your generator
- Buying a portable generator is a simpler, safer option than trying to install one in your home
- Keep fuel on hand for your generator

- There are many indoor heating options, such as:
  - Wood Stove
  - Fireplace
  - Propane Heaters
- Always follow the manufacturer’s instructions for ventilating your heat source
# Emergency Kit Schedule

Use this schedule as a cost-effective means of building a 7 day emergency kit over a 12 week period. If needed, each week can be divided into 2 weeks to make it a 24 week program.

As you go:
- Inventory what you already have, start with those items
- Put Expiration labels on items with a shelf life
- Make two parts to your kit: the Home Kit and the Go-Kit
- Your go kit will contain small portions of your main kit, according to what you can carry

| Week 1 | First Aid Kit □  
| 1 Gallon of Water* □  
| 1 Day of Food* □ |
| Week 2 | Duct Tape □  
| 1 Gallon of Water* □  
| 1 Day of Food* □ |
| Week 3 | Flashlight □  
| 1 Gallon of Water* □  
| 1 Day of Food* □ |
| Week 4 | Over the Counter Medication □  
| 1 Gallon of Water* □  
| 1 Day of Food* □ |
| Week 5 | Heavy Cord □  
| 1 Gallon of Water* □  
| 1 Day of Food* □ |
| Week 6 | Body Wash/Shampoo □  
| 1 Gallon of Water* □  
| 1 Day of Food* □ |
| Week 7 | Water Purification System □  
| 1 Gallon of Water* □  
| 1 Day of Food* □ |
| Week 8 | Weather Radio (battery/crank powered) □  
| Extra Eye Glasses/Contacts □  
| Other Food Items □ |
| Week 9 | Cooking System (For outdoor use only) □  
| Dust Mask* □  
| Additional Special Needs Items (Inhaler, etc.) □ |
| Week 10 | Indoor Heating System □  
| Compass/GPS □  
| Extra Batteries □ |
| Week 11 | Emergency Tools (Wrench, Pry Bar, etc.) □  
| Pet Food □  
| Generator (If Affordable) □  
| Other Food Items □ |
| Week 12 | Generator (If Affordable) □  
| Other Food Items □ |

* Per Person
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