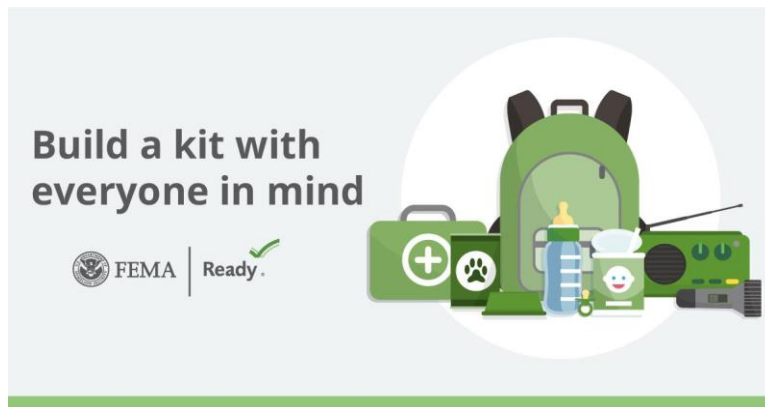


# WEEK 2: HOW TO BUILD AN EMERGENCY KIT

An Emergency Kit should contain enough items to sustain you and your family for at least 72 hours after an emergency or disaster. Again, all hazards should be considered when preparing a disaster kit!

## A few things to consider when building a disaster kit:

- 1 gallon of water per person per day for drinking and sanitation
- Enough non-perishable food for everyone in the family
- A battery powered or hand crank radio and a NOAA weather radio with alert tone capability
- Flashlight
- First aid kit
- Extra batteries
- Cell phone charger
- Medicine
- Pet supplies



Check Out:  
[bit.ly/READY-GOV-BUILD-A-KIT](https://bit.ly/READY-GOV-BUILD-A-KIT)

Check Out: [bit.ly/VDEM-BUILD-A-KIT](https://bit.ly/VDEM-BUILD-A-KIT)



## Where do you go?

For quick access to multiple resources for planning guidance, check out the Virginia Office of EMS' Emergency Operations page for links to Planning, Preparedness, and Continuity sites and documents!

Check out: [bit.ly/OEMS-Preparedness](https://bit.ly/OEMS-Preparedness)

