

PREPAREDNESS KITS



Preparedness kits help bridge the emergency or disaster until normalcy can be restored. Kit recommendations range from 24 hours to 72 hours to 7 days, from personal to vehicle to workplace and household sizes.

The difference between the kits is the quantity of items (more for longer periods of time), size of storage container, and types of items (immediate survival versus long-term living).

GIVE THE GIFT OF PREPAREDNESS

Help someone start their lifelong preparedness with a Preparedness Kit gift. Purchase the container (backpack, rolling bag, etc.), add one or two items to give the kit a start, add this preparedness list, and talk to them about preparedness. Some suggested kit contents are listed below. For pictures of the items, click on the link and you will be taken to Amazon to see various options.

(Disclaimer: These items/links are included as examples only and are not endorsed by OSU. Consumers need to conduct their own research to determine which items best suit their needs)

Item	24-hour Kit	24hr + 72-hour Vehicle	24hr + 72hr + 7-day Home
Kit container	Day pack/Backpack	Tote/Rolling duffle bag	Multiple totes/Large rodent-proof containers
Food	Energy bars (enough for 3 meals)	Canned items Foil packaged items	Non-electric can opener Non-perishable food, juice Utensils, paper plates, cups Portable stove and cookpot to heat food and water Fuel for stove Baby formula (if needed) Sponge to clean up with
Water	2 liters Drinking straw filter	6 liters	1 gallon per person per day Water purification tablets Household bleach Water container
Shelter	Emergency rain poncho Hand warmers	Tarp Hand warmers	Tent Plastic drop cloths
Light	Small flashlight w/ extra batteries Light sticks	Large flashlight w/ extra batteries	Battery powered lantern Extra batteries

Preparedness Kits Continued...

Item	24-hour Kit	24hr + 72-hour Vehicle	24hr + 72hr + 7-day Home
First Aid Kit	Personal size	3-4 person size	Family size
Communication	Cell phone w/ charger Small battery-powered radio Paper Pen/pencil Sharpie marker	Cell phone car charger	Battery powered radio Extra cell phone battery
Tools	Small knife Ziploc bags Waterproof matches Survival whistle w/ compass Nylon cord - 50 feet	Small shovel Larger Ziploc bags Pry bar Pliers Wrench Warning devices (flares) Booster cables Tire chains Knife or multitool	Fire extinguisher Adjustable wrench for gas/water shutoff Large plastic bags Rope Long-handled shovel
Hygiene/ Sanitation	Waterless hand cleaner	Water bottle Soap Small cloth	Toilet paper Soap/shampoo Towels/wash cloths Toothbrush Toothpaste Feminine hygiene items Small garbage bags, cat litter, and bucket (in case of loss of water and toilet)
Clothing	Extra for the current season	Sturdy gloves Rain gear Hat Sunglasses	Sturdy footwear Extra clothes Diapers (if needed)
Documents	Emergency contact information Personal identification	Maps of area	Insurance Photos Family documents Cash
Prescriptions/ Medications	24-hour supply	72-hour supply	7-day supply Copies of prescriptions (including medication, eyewear, hearing, etc.) Extra eyeglasses Vaccination records
Comfort	Candy Gum	Deck of cards Travel games Children's toys	Games Books Toys Comfort food (coffee, tea, etc.)
Bedding/ Warmth	Space blanket Fleece blanket	Wool blanket	Blankets Sleeping bag Outdoor fire place

Preparedness Kits Continued...

Item	24-hour Kit	24hr + 72-hour Vehicle	24hr + 72hr + 7-day Home
Pets	Food Water	Food Water	Animal first aid kit Leashes/collars Travel carrier Cat litter and pan Toys
Personal defense	Decided at a personal level and within local laws and regulations		

BUILD MODULAR PREPAREDNESS KITS

The modular concept allows you to develop small kits and not repeat items. Develop a personal 24-hour preparedness kit first, and then develop your 72-hour kit by adding more items to a different container that you can store in your vehicle or at home to grab if you need to evacuate. Develop another kit that extends the 24-hour and 72-hour kits to a 3 to 7-day kit. This large kit can reside in your home and be used for extended emergencies.

Everyone's kit is different and should be customized to his or her own needs. Whatever you put in your kit, you should know how to use. If possible, add items that have multiple uses, like duct tape, large plastic bags or plastic sheets, Ziploc bags, etc.

Do not add items that could ruin or contaminate your kit while in storage: chemical and toxic items or candles (many house fires have been started during power outages due to candles, plus some workplaces do not allow candles).

OSU EMERGENCY PREPAREDNESS AND WARNING INFORMATION



[OSU Emergency Preparedness Website](#)

[OSU Alert—Sign Up](#)

OSU Emergency Plan mobile device app— *Crisis Manager*

- [Apple iTunes Store \(iOS\)](#)
- [Google Play \(Android\)](#)
- [Kindle Fire](#)
- For Window Devices, [Download the PDF version](#)

MORE INFORMATION

[Ready.gov](#) - build a kit

[RedCross.org](#) - emergency kits

[CDC.gov](#) - emergency supplies

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If electronic copy (with clickable links) is needed, e-mail your request to: emergency@oregonstate.edu