First time away from home? One of the best ways to be prepared for an emergency is having an emergency kit. Below is a list of essential items to include in your kit.

**Living ON Campus**

1) Water  
   a. Personal water bottle  
   b. Supply of water (extra filled water bottles)

2) Food – energy bars, trail mix

3) Illumination – flashlight or headlamp

4) Small First Aid kit

5) Personal medications (7-day supply)

6) Multi-purpose tool or pocketknife

7) Sanitation and personal hygiene items

8) Documents – paper copies or scanned to a flash drive  
   a. Passports / ID  
   b. Birth certificates / car titles / car insurance  
   c. Prescriptions / eye wear prescription

9) Extra cash – small denominations

10) Map(s) of the area

11) Emergency blanket / warm clothing

12) Cell phone charger

**Living OFF Campus**

1) Water  
   a. One gallon per person, per day (3-day supply if evacuating, 2-week supply if staying)  
   b. Water purification – tablets, filter, UV pen

2) Food – non-perishable (3-day supply if evacuating, 2-week supply if staying)  
   a. Rice and dried beans  
   b. Long shelf-life cans  
   c. Freeze dried camping pouch meals

3) Illumination – flashlight, headlamp

4) Large First Aid kit

5) Personal medications (7-day supply)

6) Multi-purpose tool / pocketknife / can-opener

7) Sanitation and personal hygiene items

8) Documents – paper copies or scanned to flash drive  
   a. Passports / ID  
   b. Birth certificates / car titles / insurance papers / rental agreement / property deeds  
   c. Prescriptions / eye wear prescription

9) Extra cash – small denominations

10) Map(s) of the area

11) Emergency blanket / warm clothing

12) Cell phone charger

**Sign up for OSU EMERGENCY NOTIFICATIONS!**

Let OSU notify you of emergency situations. The [OSU Alert portal](https://oregonstate.edu/alerts/osu-alert-portal) allows you to provide your current emergency contact information (phone, text, email). This information will only be used to notify you in the event of an emergency.

ALERT - [https://oregonstate.edu/alerts/osu-alert-portal](https://oregonstate.edu/alerts/osu-alert-portal)
Emergency Preparedness - [https://emergency.oregonstate.edu/](https://emergency.oregonstate.edu/)