Maine Prepares

# HOUSEHOLD EMERGENCY SUPPLY KIT

**Be prepared in case you must "shelter in place" (stay at home) in an emergency situation. You should have these items set aside for emergencies:**

Portable radio with extra batteries (a NOAA weather radio will provide you with emergency alert messages from the Maine Emergency Management Agency and other emergency service agencies, as well as the National Weather Service bulletins)

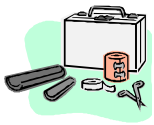
Flashlights or lightsticks (and extra batteries)

Drinking water (at least one gallon per day for each person, for at least 3 days)

Canned and packaged foods

Cooking utensils, including a manual can opener

Re-sealable plastic bags



First aid kit and handbook

Essential medications (prescription and over-the-counter medications)

Fire extinguisher

Sturdy work gloves and protective goggles

Wrenches to turn off gas and water supplies

Standard Phone (that does not need to be plugged into electrical power)

# HOUSEHOLD EMERGENCY SUPPLY KIT (cont.)

Blankets or sleeping bags

Comfortable, warm clothing, including extra socks

Heavy duty plastic bags for waste, and to use as tarps, rain ponchos, and for other uses

Copies of important documents, such as insurance policies and birth certificates, stored in a water-proof container.

Copies of your family's emergency plan including emergency contacts and phone numbers

Supplies for your pet(s), including -

Sturdy leash, harness and/or carrier

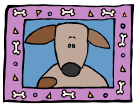
Food, drinking water, bowls, manual can opener, litter and litter-box for cat

Pet bed and toys, if easy to carry

Information on feeding schedule, medical conditions, behavior problems, and name/phone number of veterinarian

Medications and medical records

First aid kit



Current photo of your pet, in case you get separated

Mark your calendar to remind your to check your Supply Kit every six months. Replace your medications and snacks with fresh supplies. Check that batteries in flashlights, radio, etc. and extras are still good.