



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 vacuum sealing or canning, 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 contaminants, 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

