

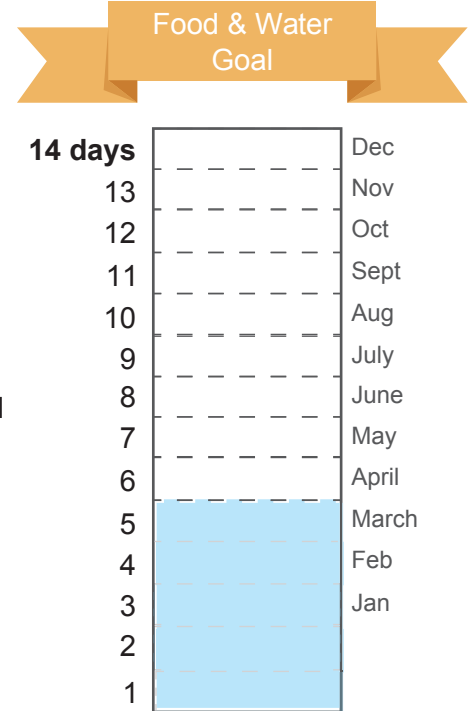
Supplies

- Emergency radio
- Back-up phone power banks
- Personal hygiene items
- + 1 day of food, water and cash

Prep for pets and babies

As you add to your supplies each month, remember the special needs of pets and babies.

- Food
- Extra water
- Leash
- Carrier
- Medicine
- Photo of your pet
- Familiar items
- Baby food/formula
- Extra water
- Diapers & wipes
- Rash cream
- Teething needs
- Carrier/sling
- Familiar items



Add 1 day to the food, water and cash you stored last month. Continue to prioritize non-perishable, high protein, easy-to-prepare items like canned foods, nuts, and dried fruits.

Remember, one day of water = 1 gallon per person.



Some ideas for your hygiene kit:

- Toilet paper
- Hand sanitizer
- Wet wipes
- Soap
- Lip Balm
- Feminine Products
- Sunscreen
- Toothbrush
- Toothpaste
- Nail Clippers
- Tweezers
- Hand towel
- Wash Cloth
- Lotion



Many emergency radios offer solar charging, flashlights and the ability to charge a cell phone.

Some feature a hand crank as a power supply.