

# Building a 7 Day Emergency Kit



**Contains specific information on food, water, and power generation**

**Preparing now will save you later!**

**A 12 week schedule for a cost-effective approach**



State of

**Alaska**

Department of Military  
and Veterans Affairs

Homeland Security &  
Emergency Management





# 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



# Emergency Kit Schedule

Use this schedule as a cost-effective means of building a 7 day emergency kit over a 12 week period  
If needed, each week can be divided into 2 weeks to make it a 24 week program

As you go:

- Inventory what you already have, start with those items
- Put Expiration labels on items with a shelf life
- Make two parts to your kit: the Home Kit and the Go-Kit
- Your go kit will contain small portions of your main kit, according to what you can carry

<b>Week 1</b>	First Aid Kit <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Large Container to store your Kit: Trash can, large tote, etc. <input type="checkbox"/> Hand Operated Can-Opener <input type="checkbox"/>
<b>Week 2</b>	Duct Tape <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Plastic Sheeting <input type="checkbox"/> Utility Knife <input type="checkbox"/> Backpack for Go-Kit <input type="checkbox"/>
<b>Week 3</b>	Flashlight <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Extra Batteries <input type="checkbox"/> Anti-Bacterial Soap <input type="checkbox"/> Sleeping Bag/Pad <input type="checkbox"/>
<b>Week 4</b>	Over the Counter Medication <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Extra Tooth Brush* <input type="checkbox"/> Tube of Toothpaste <input type="checkbox"/> Emergency Poncho* <input type="checkbox"/>
<b>Week 5</b>	Heavy Cord <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Lighter & waterproof matches <input type="checkbox"/> Pen/Notepad <input type="checkbox"/>
<b>Week 6</b>	Body Wash/Shampoo <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Roll of Toilet Paper* <input type="checkbox"/> Personal Hygiene Wipes <input type="checkbox"/>
<b>Week 7</b>	Water Purification System <input type="checkbox"/> 1 Gallon of Water* <input type="checkbox"/> 1 Day of Food* <input type="checkbox"/>	Feminine Products (If Needed) <input type="checkbox"/> Baby Care Items (If Needed) <input type="checkbox"/>
<b>Week 8</b>	Weather Radio (battery/crank powered) <input type="checkbox"/> Extra Eye Glasses/Contacts <input type="checkbox"/> Other Food Items <input type="checkbox"/>	Extra Blankets <input type="checkbox"/> Extra Clothes <input type="checkbox"/>
<b>Week 9</b>	Cooking System (For outdoor use only) <input type="checkbox"/> Dust Mask* <input type="checkbox"/> Additional Special Needs Items (Inhaler, etc.) <input type="checkbox"/>	Bucket w/lid (Emergency Toilet) <input type="checkbox"/> Sewing Kit <input type="checkbox"/>
<b>Week 10</b>	Indoor Heating System <input type="checkbox"/> Compass/GPS <input type="checkbox"/> Extra Batteries <input type="checkbox"/>	Sunscreen <input type="checkbox"/> Whistle <input type="checkbox"/>
<b>Week 11</b>	Emergency Tools (Wrench, Pry Bar, etc.) <input type="checkbox"/> Pet Food <input type="checkbox"/>	Toys/Books for Kids (If Needed) <input type="checkbox"/> Other Personal Comfort Items <input type="checkbox"/>
<b>Week 12</b>	Generator (If Affordable) <input type="checkbox"/> Other Food Items <input type="checkbox"/>	Pet Supplies (Leash, ID, etc.) <input type="checkbox"/> Bug Spray <input type="checkbox"/>

\* Per Person

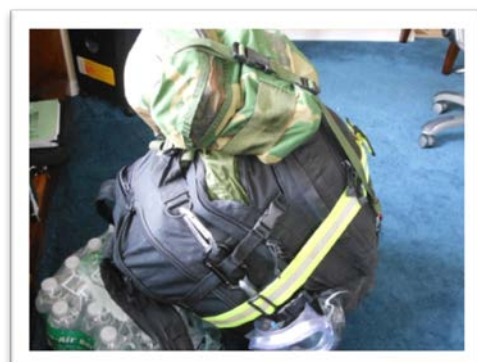
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DISASTER PREPAREDNESS ON THE LAST FRONTIER

State of  
**Alaska** Department of Military & Veterans Affairs  
Division of Homeland Security & Emergency Management



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