Make Your 14-Day Disaster Supply Kit (minimum of 14 days for each person)

- **Water** One gallon of water per person per day for drinking and sanitation.
- **Food** Non-perishable food that does not require cooking. Survival foods such as peanut butter, protein shakes, dried fruits, & nuts. Infant Formula & food for special needs.
- **Utensils** Plates, utensils and a manual can opener.
- **Radio** Battery-powered or hand crank radio with NOAA Weather alert.
- **Flashlight** with extra batteries.
- **Cell phone** and solar charger.
- **Whistle** Important for signaling for help. A whistle carries much farther than the human voice and uses less energy than yelling.
- **Dust mask** Helps to filter contaminated air.

**Sanitation** Moist towelettes, heavy-duty garbage bags with ties, hand sanitizer, toilet paper, baking soda/kitty litter to absorb odors, and gloves for personal sanitation.

**Tools** Wrench or pliers to turn off utilities, basic tool kit, duct tape.

**Important documents and cash** Carry vital papers in a waterproof container.

**Maps** Local area maps.

**Medical** Prescription medications, glasses/contact lenses, medical devices, and a first aid kit.

**Pets** Pet food and extra water.

**Hygiene** Feminine products, personal hygiene items, diapers, incontinence supplies.

**Pictures** Carry a photograph of you, your family & friends to help locate each other if you are separated.

**HNL Info** Use HNL Info to stay informed about emergencies, weather advisories, traffic bulletins, and much more via SMS or Email.