

# PLAN AND PREPARE NOW FOR THE NEXT DISASTER

## 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.



### LEARN

Educate yourself on disasters that can affect you and your family.

### PLAN

Create and practice a family disaster plan. Designate a secondary meeting place and an off-island contact.

### Individual, Family and Business Disaster Planning

Disaster planning is everyone's responsibility. Carefully review this information and take the time today to discuss & plan preparedness strategies with family, friends, neighbors and co-workers.



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- 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.