



## Prep 9

A simple guide to the nine essential items you need in an emergency.





**You can do this.**



HAWAII STATE  
DEPARTMENT  
OF HEALTH

1

## Water

**Bottled water.** One gallon, per person, per day, for drinking and sanitation. Keep the water in a cool, dark place and change to a fresh supply every six months.

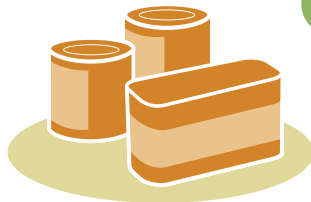


2

## Food

**Nonperishable food.** A supply of 3-5 days of food per person.

- Ready-to-eat canned meat, fish, fruit and vegetables
- Canned or boxed juices
- Powdered milk and soup
- Crackers, granola and trail mix



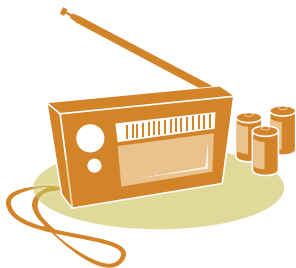
**3**

## Radio

**A battery powered radio**

for listening to news and weather.

- Consider buying a crank-operated or solar-powered radio.
- Don't forget extra batteries! Buy them in advance in case they're in short supply.

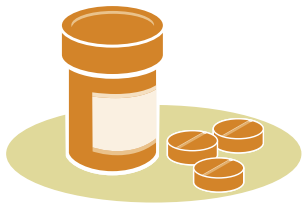
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## Medications

**Collect three days worth**

of any prescription medicines you're taking.

- Be sure to note the expiration date so you don't keep them past their date.

**5**

## Clothes

**Collect one** change of clothes and footwear per person.

- Consider packing blankets, rain gear and outerwear in case of bad weather.
- If you wear glasses, consider packing a spare pair.

**6**

## Flashlight

**Keep a bright flashlight**

in case there's no electric power.

- Consider getting a lantern-style light for hands-free use.
- Avoid using candles! They're a fire hazard and are easy to lose track of when the lights come back on.



7

## Hygiene Items

**Just the basics** like soap, toilet paper, toothpaste and a toothbrush.

- Moist towelettes can be useful for quick sanitation.



8

## First Aid

**Have basic supplies** such as rubbing alcohol, gloves, bandages and non-prescription medications

- You can buy a pre-made kit at most pharmacies and grocery stores.



9

## Can Opener

**Make sure it's a manual**

can opener in case there's no electric power.

- Consider buying items with pull-top lids so you won't need a can opener at all!





1250 Punchbowl St.  
Honolulu, HI 96813

[www.hawaii.gov/health](http://www.hawaii.gov/health)

"Protecting the health and environment  
of the people of Hawaii"

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### FOR MORE INFORMATION ABOUT PUBLIC HEALTH AND EMERGENCY PREPAREDNESS, CONTACT:

**Aloha United Way** ..... Call 2-1-1  
*Aloha United Way has representatives trained by the Department of Health to answer your public health and public health emergency preparedness questions.*

**American Red Cross** ..... [www.redcross.org](http://www.redcross.org)

**Neighbor Island District Health Offices** ..... [www.hawaii.gov/health/neighbor](http://www.hawaii.gov/health/neighbor)

**Hawaii State Department of Health** ..... [www.hawaii.gov/health](http://www.hawaii.gov/health)

**U.S. Centers for Disease Control and Prevention**..... [www.cdc.gov](http://www.cdc.gov)

**U.S. Department of Health and Human Services** ..... [www.pandemicflu.gov](http://www.pandemicflu.gov)

**U.S. Department of Homeland Security**..... [www.ready.gov](http://www.ready.gov)

**U.S. Federal Emergency Management Agency (FEMA)**..... [www.prepare.org](http://www.prepare.org)