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## PREPARING AN EMERGENCY KIT



Minnesota is known for its theater of seasons, but sometimes scene changes can be violent. Severe weather can occur in every season, but especially during winter and early summer. With preparation, coping after the storm can be made easier. The Minnesota Safety Council offers these tips to prepare for a storm.

Keep an adequate supply of food, water and emergency equipment on hand. Foods recommended for storage in case of emergency are:

- Smoked or dried meats like beef jerky
- Juices - canned, powdered or crystallized
- Soups - bouillon cubes or "dried soups in a cup"
- Milk - powdered or canned
- Staples - sugar, salt, pepper
- High energy foods - peanut butter, jelly, crackers, nuts, trail mix
- Stress foods - sugar cookies, hard candy, sweetened cereals
- Vitamins

Include enough canned food to last four to five days, a hand operated can opener, and emergency cooking equipment like a camp stove, with fuel to operate it.

You might want to purchase a 50 pound block of dry ice in advance which should keep food safe (if there is no power) for two days in a full 18 cubic foot freezer.

Each person will need a gallon of water per day for three to four days. If there is adequate warning and the possibility of being without water, fill the bathtub and large containers.

Bring emergency supplies to the safest area of your house - interior hallways, central bathrooms or closets, and basements (reinforced concrete). Basements are especially ideal for tornadoes, but if you have a flooding problem, you may not want to go to the basement. Also, take care not to choose a "safe" place where there is an appliance or other heavy object on the part of the floor directly above you. Heavy winds and rains can weaken walls and floors.

§ A Disaster Supply Kit Should Include:

- A three day supply of water (one gallon per person per day)
- Food that won't spoil and a non-electric can opener
- One change of clothing and footwear per person
- One blanket or sleeping bag per person
- A first-aid kit, including prescription medicines
- Emergency tools, including a battery-powered NOAA Weather Radio and a portable radio, flashlight and plenty of extra batteries (keep extra batteries in sealed plastic bags)
- An extra set of car keys and a credit card or cash

- Special items for infant, elderly or disabled family members
- Pet supplies
- Fire extinguisher
- Candles or kerosene lamps and matches

Keep your disaster supplies kit in a clearly labeled, easy-to-grab box.

A major storm can disrupt the normal pace of life, but with careful preparation the aftermath can be dealt with calmly.

**Acknowledgments:**

University of Florida Disaster Handbook Guide

[National Safety Council](#)

Farmers Insurance Group

American Red Cross



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