



## Assembling a Cost Friendly Emergency Supply Kit

### Emergency Supply Kits Do Not Have to be Costly!

You spoke and we listened. In a recent FEMA household survey, we learned more than a quarter of participants reported they believed getting prepared is too expensive.



We sent out a message to our email subscription list asking “how do you stay prepared on a budget?” and the response has been overwhelming.

Citizens from across the country shared creative and inexpensive ways to be ready in case of an emergency. Here are just a few great ideas you have sent us:

#### *Tip #1: Check your home for items to place in your kit before purchasing them at a store*

Many people see the list of recommended items they should have in their preparedness kit and think there is no way I can't afford this! I remind them that having a kit is a process not an event, and I tell them how to get things rolling.

1. First see what items you may have at home.
2. Gather the things you need together in a container or duffle bag so you can find them.
3. List other items you need to add to your kit.
4. When going shopping pick up one or two things from your list at a time.
5. When you get home add those items to your kit and check the item already in your kit to make sure they are still good, current, appropriate for the season etc.
6. Repeat steps 3 through 5...If you continue this process you will maintain a stocked and current kit

You will stay familiar with your kit and you will not have a huge financial burden.

- Kaydie Paschall, Citizen Corps Programs Consultant, Washoe County Sheriff's Office

More than a quarter (25%) of participants reported that getting prepared is too expensive.

FEMA Personal Preparedness Survey, 2011

#### *Tip #2: Do not feel rushed to buy all items at once. Give yourself time to assemble your kit.*

I set up two kits for demonstrating preparedness. I hit the thrift shops and got a bag, can opener, flashlight without batteries, a small pan or two, [a] deck of cards, some dice, and other things I could find there. Then I hit the dollar store...where I got items ranging from canned prepared food... band aids, to children's books, sanitary supplies, including toilet paper, hand and dish soap...all kinds of things. Later I added more personal things from home. My point was you could put it together a little at a time and cheaply.

- Donna G. Smith, BSN, PHN, LERC, Skagit County Public Health Department, Skagit County, WA Medical Reserve Corps Manager

#### *Tip #3: If you need to purchase materials be sure to see what items you can purchase on sale or at a dollar or thrift store*

“Start small - buy an extra can of soup when you're at the store, one for the shelf, one for your kit. Check sale ads and put extra products in air tight storage. Always check clearance racks and tables...Instead of spending money on special backpacks, grab the kids' backpack they didn't use this year.”

- Carol Pisano

Visit: [www.citizencorps.gov](http://www.citizencorps.gov) and [www.ready.gov](http://www.ready.gov) for more information.

### Turn over for great tools you can use!

*“FEMA's mission is to support our citizens and first responders to ensure that as a nation we work together to build, sustain, and improve our capability to prepare for, protect against, respond to, recover from, and mitigate all hazards”*

## Tools to Help You Assemble Your Emergency Supply Kit

[Ready.gov Build a Kit Webpage](http://www.ready.gov/build-a-kit)  
[www.ready.gov/build-a-kit](http://www.ready.gov/build-a-kit)

The goal of the *Ready* campaign is to get the public involved and ultimately to increase the level of basic preparedness across the nation. *Ready* and its



**Emergency Supply List**



Spanish language version *Listo* ([www.listo.gov](http://www.listo.gov)) ask individuals to build an emergency kit to include essentials such as food and water and items like:

- ★ Medical supplies
- ★ Food and supplies for Pets
- ★ Important financial documents
- ★ Important contacts

To assist with this effort *Ready* has created web pages to provide some basic tips on what to place in a kit and considerations to make for maintaining and storing your kit.

In addition you can download a checklist and order publications to share with your community. Please visit [www.ready.gov/publications](http://www.ready.gov/publications) for more information on downloading and ordering materials.

**Contact your local Citizen Corps Council**  
<http://www.ready.gov/citizen-corps>

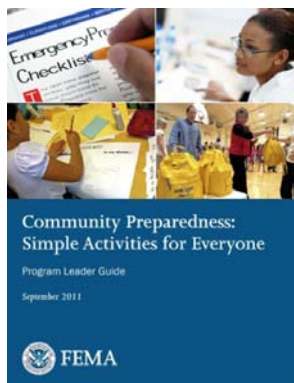


Many states and localities have great localized preparedness tools. Contact your local emergency management agency or first responder agency to receive great localized information as well as potential preparedness

education and training opportunities. If you would like to find your local council please visit <http://www.ready.gov/citizen-corps> for more information.

**Preparedness on a Shoestring Activity Module**  
<http://training.fema.gov/EMIWeb/IS/is909.asp>

You can access FEMA's **FREE** "*Preparedness on a Shoestring*" activity module online for more simple and cost-friendly disaster kit suggestions, and easy steps you should take if disaster strikes.



The "*Preparedness on a Shoestring*" activity module is part of FEMA's "*Community Preparedness: Implementing Simple Activities for Everyone*" toolkit, which educates individuals about easy steps to take to become prepared for all types of hazards.

*Community Preparedness: Implementing Simple Activities for Everyone* is comprised of 16 modules representing a broad range of general and specific preparedness topics. The tools are designed for anyone to use in coordination with local emergency preparedness partners to help better prepare for emergencies. Please visit <http://training.fema.gov/EMIWeb/IS/is909.asp> for more info.

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