



Emergency kits
can save lives...
Build your Kit
& Go-Bag today.



30 Years
Saving Lives & Reducing Suffering
**FOCUS
-USA
.ORG**



The Basics

Food

A 3 day supply per person of calorie dense, non-perishable ready-to-eat prepared food

Water

3 gallons per person to be used for drinking & sanitation

Radio

NOAA Certified hand-crank & solar powered is strongly recommended

First Aid Kit

Compresses, adhesive bandages, first aid tape, gauze, antiseptic wipes, hand sanitizer, latex free gloves, antibiotic & burn ointments, biohazard waste bags

Tools & Supplies

Multi-purpose tools: swiss army knife, emergency blankets, matches, scissors, duct tape, gloves, whistle, can opener, disposable lighter, plastic tarps, rain ponchos & garbage bags

Health & Hygiene

Prescriptions, toothbrush, lotion, toothpaste, soap, shampoo, razor, comb, deodorant, sanitary napkins & shower bag



The Go-Bag

- ☐ Family Emergency Plan
- ☐ Face coverings
- ☐ Hand Sanitizers
- ☐ Prescriptions List
- ☐ Cell Phone Charger / Battery Pack & Cell Phone Car Charger
- ☐ Flashlight
- ☐ Travel First Aid Kit
- ☐ Medical History
- ☐ Proof of Address
- ☐ Copies of Deeds & Leases
- ☐ Insurance Policies
- ☐ Passports
- ☐ Birth Certificates
- ☐ Health Insurance Cards
- ☐ Extra Cash (Small Bills)
- ☐ Map of the Area
- ☐ Extra Set of Car & House Keys
- ☐ Pen & Paper
- ☐ Change of Clothing
- ☐ Digital Copies of Important Documents & Family Photos



FOCUS
HUMANITARIAN
ASSISTANCE
USA



30 Years
Saving Lives & Reducing Suffering

FOCUS
-USA
.ORG



Optional Supplies

Baby Items:
formula, diapers, wipes etc.

Pet Supplies:
collar, leash, pet carrier, food & bowl

Reusable Water Bottles or Pouches

Water Purification Tablets

Work Gloves & Rope

Light Sticks or Lanterns

Sleeping Bags

Paper Plates, Paper Towels,
Plastic Cups & Utensils

Solar Charger for Cell Phone & Radio

Fire Extinguisher

**The Basics, The Go-Bag
& Optional Supplies are all
available from these retailers:**

Amazon.com

Costco.com

ReadyAmerica.com

Sam'sClub.com

Walmart.com



FOCUS
HUMANITARIAN
ASSISTANCE
USA

30 Years
Saving Lives & Reducing Suffering

**FOCUS
-USA
.ORG**



FOCUS
HUMANITARIAN
ASSISTANCE

USA

**FOCUS
-USA
.ORG**

30 Years Saving Lives & Reducing Suffering