



Emergency Supplies Kit for College Students

Let's face it, your first time away from home can be a frightening experience, and even more so when your parents can't be there for you in a time of emergency. Therefore, it's up to you to be prepared before, during, and after a crisis. One way you can be prepared is by putting together an emergency supplies kit. Below is a list of essential items that will add to your safety while away at college.

The Essentials

- Water - Pack a three day supply of one gallon per person per day.
- Water purification tablets.
- First aid kit - It should contain ibuprofen, aspirin, adhesive bandages, antibiotic/ burn ointment, sterile gauze pads, etc.
- A first aid handbook.
- Prescription medications.
- Extra clothing.
- Food - Make sure to choose items with a long shelf life, the ability to eat without preparation, and a good nutritional value.
- Extra blankets or pillows.
- Flashlight with extra batteries.
- Radio.
- Extra pair of contacts or eyeglasses.
- Fire extinguisher.
- Out-of-state contact person's phone number.
- Extra set of car keys.
- Cash and change.
- Waterproof matches and candles.
- Some form of personal identification.

Safety & Comfort

- Sturdy shoes.
- Heavy-duty gloves for clearing glass or debris.
- Face mask - N95 rating.

- Change of clothing.
- Knife, razor blades, scissors.
- Matches in a waterproof container.
- Tent/tarp.
- Area map.
- Cell phone.
- Address/phone directory for friends and family.
- Books and playing cards.
- Communication kits: paper, pens/pencils/markers.

Sanitation Supplies

- Toilet paper.
- Antibacterial hand sanitizer.
- Bar soap/liquid detergent.
- Paper towels.
- Toothpaste and toothbrushes.
- Feminine hygiene products.
- Trash can/large trash bags.
- Shampoo.
- Bath towels.

Cooking

- Plates, cups, bowls.
- Paper towels.
- Aluminum foil.
- Utensils (knife, fork, spoon).
- If possible, a camping stove and fuel. Remember to never use a camping stove indoors.

Tools & Supplies

- Adjustable wrench (for shutting off gas).
- Shovel, broom, saw, axe.
- Rope.
- Duct tape.
- Chalk (to mark search areas).
- Tool kit: screwdrivers, pliers, hammer, crowbar.

Reminders

- All of these items can be kept in large Rubbermaid® storage container.
- Store water in a separate area to avoid damaging dry items in case of leakage.
- Also check your Emergency Supplies Kit every six months to ensure that none of your items have expired.

To purchase a ready-made, emergency preparedness kit, please visit: www.redcrossstore.org
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