

The Knowledge House Guide to:

Stocking a Portable Emergency Kit

In addition to the home survival kit, you should have a portable emergency kit. This is a smaller kit of essentials that can be stored in the trunk of your car. If you can't keep it in your car, put it in a designated place where it is easily accessible and ready to "grab and go." A portable emergency kit will come in handy if you're forced to evacuate at a moment's notice, if you get stranded in your vehicle, if or if you need to administer simple first aid on the road. Your portable emergency kit can be stored in a backpack, duffel bag, suitcase, or plastic storage bin. Be sure to rotate out any perishable items on a regular basis.

Recommended contents for a portable emergency kit:

- Portable radio with extra batteries
- Flashlight with extra batteries and bulbs
- Emergency phone numbers
- First aid supplies
- Fire extinguisher (ABC type)
- Leatherman multi-tool or basic tool kit
- Folding camp shovel
- Roll of toilet tissue
- Package of wet wipes
- Hand sanitizer
- Kleenex
- Aspirin/Tylenol
- Several days supply of any prescribed medicine
- Spare glasses (old pair in a hard case)
- \$20.00 in small bills and change
- Ground cloth or tarp
- Blanket or sleeping bag
- Travel pillow
- Bandana or handkerchief
- Extra change of clothes (hat, socks, underwear, shirt and pants)
- Personal hygiene items (toothbrush, toothpaste, comb, etc.)
- Bottled water
- Granola or energy bars
- Canned food (no cooking required)
- Manual can opener
- Paper plates
- Plastic utensils
- Raincoat, poncho, or large plastic garbage bag
- Walking shoes/boots
- Gloves
- Duct tape
- Whistle
- Compass
- Signal mirror
- Emergency strobe light
- Reflective hazard triangles
- Matches in a waterproof container
- Pencil and pad of paper
- Plastic bags
- Road map
- Small Bible
- Deck of cards
- Baby supplies (if needed)