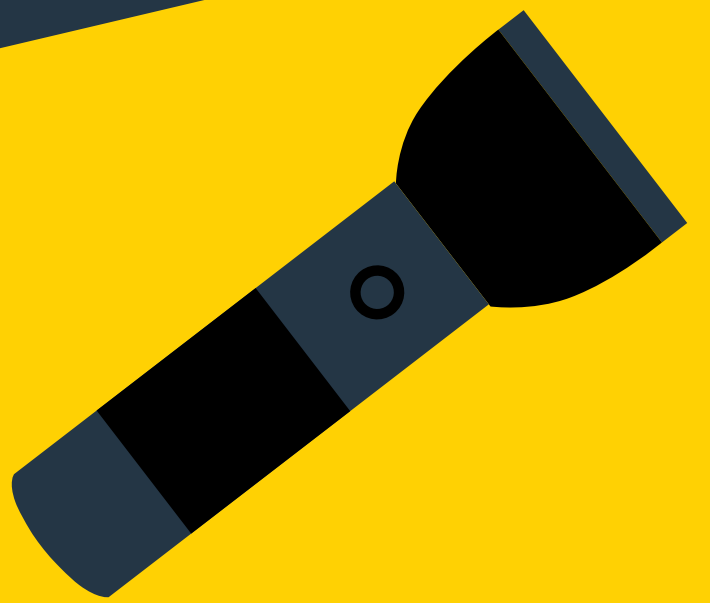


BUILDING YOUR EMERGENCY KIT



WHAT GOES IN AN EMERGENCY KIT?



STORAGE

SHELTER
+ WARMTH

POWER
+ LIGHT

FOOD
+ WATER

EMERGENCY
EQUIPMENT

FIRST AID
+ HYGIENE

DOCUMENTS

SUPPLIES FOR
DEPENDENTS
+ PETS

WILL MY SUPPLIES EXPIRE?



Food and water (and some first aid items) have a shelf life - look for options that are good for at least five years.

Here are a few tips on managing your kit's shelf life:

- Mark the date you built your bag
- Create an inventory sheet with expiration dates for food, water and first aid items, and keep in your kit
- Set reminders in your calendar to reorder
- Or buy one of ours - we'll send you automatic reminders, and an easy way to refresh expired items



WHERE DO I KEEP IT?

The best storage locations are accessible, dry, and protected from extreme temperatures.

HOME: Near an exit, under your bed, or a dry outdoor shed

WORK: Under your desk or in an unlocked cabinet

CAR: Trunk of your car

WHERE DO I START?

Put together your own kit, or buy one of Redfora's Complete Earthquake Bags to cover each and every category listed above. The key is to take action and be prepared. Whether you build your own, or purchase a kit, start now.

Here are the steps Redfora recommends:

- 1 Build your own kit, or buy one of **Redfora's Complete Earthquake Bags** to cover all the categories listed above. Personalize your kit for number of people in your household, and 3-14 days.
- 2 Prepare and store emergency documents (ID, SS cards, bank records, etc.) and cash.
- 3 Store extra warm clothing, socks, and shoes in each of your kits
- 4 Consider dependent and pet needs, and store any relevant items
- 5 To get the Definitive DIY Emergency Kit Checklist and tips from the pros on building your kit, download the full Redfora Guide.



[CLICK HERE TO GET THE CHECKLIST](#)

THE DEFINITIVE DIY EMERGENCY KIT CHECKLIST

Items are divided into two categories:

MUST HAVE - Absolute emergency kit must haves, no matter where or who you are.

CONSIDER - Items to consider based on your location, and personal and household needs.

STORAGE

- Large Backpack or Bag with Wheels
- Ziplock Bags

FOOD + WATER

- MRE Rations (Meal, Ready to Eat)
- Bagged Water
- Water Purification Tablets, Water Filtration Bottle, or Lifestraw
- Water Carrier
- Cook-In-Pouch Meal
- Canned Food

FIRST AID + HYGIENE

- First Aid Kit
- Hygiene Kit: Soap, Wash Cloth, Toothbrush, Toothpaste, Shampoo, Pocket Tissue
- Waste Bag
- Prescription Medication
- Old Glasses
- Contacts and Solution
- Hand Sanitizer
- Feminine Hygiene Products
- Razor and Shaving Cream
- Deodorant

SHELTER + WARMTH

- Poncho
- Mylar Sleeping Bag
- Hand / Body Warmer
- Emergency Tent or Tarp
- Sturdy Shoes
- Wool Socks
- Mylar or Wool Blanket
- Extra Clothing

POWER + LIGHT

- Hand Crank Flashlight, Radio, Phone Charger
- Candles
- Glow Stick
- Whistle
- Waterproof Matches
- Solar Panel
- Backup Power Generator

DOCUMENTS

- Emergency Contact Form
- Evacuation Plan
- Communication Plan
- Paper and Pencil
- Insurance Records
- Bank Records
- Local Map
- Personal and Local Evacuation Routes
- Cash

EMERGENCY EQUIPMENT

- N95 Dust Mask
- Leather Palm Gloves
- Multi-Function Knife
- Safety Goggles
- Rope
- Sewing Kit
- Compass
- Gas Shut Off Tool
- Pry Bar
- Hatchet
- Fire Flint Starter
- Fire Extinguisher
- Compact Shovel
- Compact Saw
- Dry Bag
- Duct tape
- Headlamps

SUPPLIES FOR DEPENDENTS + PETS

- Medical Supplies for those with differing abilities, Wheelchair Users, and Elderly Adults
- Infant Formula, Manual Breast Pump
- Diapers, Wipes, and Waste Bags
- Comfort Item or Toy for Children
- Deck of Cards or Travel-Size Game
- Pet Food
- Carrier or Harness
- Leash

NOTE: Check your local or state emergency agencies for an accurate estimate on how long you want to plan for, but most agencies recommend a 3-14 day supply of non-perishable food and clean water.

CHAPTER 1

EMERGENCY KIT ESSENTIALS

Following a disaster, you, your family, and your community will be focused on survival. You may need to evacuate your home and leave it behind. Roadways may be dangerous, destroyed, and crowded - chances are you'll be walking with your emergency kit. Accessibility, portability, and contents are the key factors in building your emergency kit.

The best decisions you'll ever make in an emergency are the ones you made before the emergency occurred. The Redfora team relies on a pillar concept, the Preparedness Mindset. Being truly prepared is a state of mind. This means the work doesn't stop once you create your emergency kit - like anything valuable, it requires maintenance. To keep your emergency kit current (without making it a full-time job), we encourage the Preparedness Mindset.

What is the Preparedness Mindset, you ask? Exactly what it sounds like: staying educated, preparing for possibilities, and mitigating risk. We know what you're thinking - I don't want to live in fear, always anticipating the worst. That's the whole point. As you've witnessed in so many areas of your life, from your savings account to your spare tire, preparation is just smart. It gives you confidence to navigate unexpected changes. Emergencies and natural disasters are no different. Give yourself peace of mind and plan ahead. Redfora is here to help.

The first step is to build or purchase your emergency kit. You have three options: purchase a [pre-made kit](#), build a kit using [supplies](#) you already have and purchasing missing items, or a combination of the two.

Here's a breakdown of the absolutely essential items everyone needs in their emergency kit including product suggestions and tips from the pros.

How to Pack

How you pack is equally as important as what you pack. Supplies scattered all over your home will be useless when you may have only minutes to evacuate. The same for an overburdened duffle bag - if it's too difficult to carry, it will slow down evacuation.

Before you start collecting supplies, you'll want a plan for how to manage them.

STORAGE

To carry all of your items safely and easily, you'll need a [heavy-duty backpack](#) or rolling duffel bag.

For one or two people, a backpack is a smart choice. It can fit everything you need, and stores easily under your bed or near your front door. A strong backpack with reinforced seams and extra pockets is ideal for heavy supplies and long evacuations. This will prevent your kit, full of essential supplies, from ripping or breaking while you're on the move.

For families of three or more, we recommend a rolling duffel bag to accommodate the increase in supplies needed for larger groups while maintaining portability.

If you have multiple mobile adults and/or teenagers in your household who can help carry supplies, a combination of backpacks and a rolling duffel bag may be ideal. Dogs can even be helpers, with custom backpacks for them to carry [their pet supplies](#).

Whether you purchase a [pre-made kit](#), like our [Complete 7-Day Earthquake Bag](#), or build your own, choose storage bags that are highly portable and can carry a minimum of three days' food and water, per person.

FOOD + WATER

You'll need to be prepared to move and possibly travel on foot, so sustaining energy level and staying hydrated is imperative - granola bars and Dasani won't cut it. The key factors to consider for food and water are high calorie and nutrient content, and long-term storability.

Emergency Food

Basic snacks won't give you the nutrients and calories you need in an emergency situation. Advanced options are necessary for survival. We recommend [military-style MRE \(Meal, Ready-to-Eat\) bars](#), because they have high calorie and nutrient content and won't expire for at least 5 years. When you purchase a [Redfora Earthquake Bag](#), we'll help you restock by sending an automatic reminder to restock in 4.5 years, along with an easy way to replace expired items.

Emergency Water

The minimum drinking water supply should be [1 gallon per person, per day](#). In addition to drinking water, you will need purified water for brushing your teeth, washing dishes, bathing, and food prep.

Unfortunately, we can't store water in a normal drinking bottle. You need water that is air-sealed to avoid bacteria growth for at least five years. A purified water supply is an imperative when you're in survival mode, so consider purchasing a water carrier or [water bags](#) that are Coast-Guard approved.

Another solution is carrying water purification tablets or [lifestraws](#) - they're a lightweight, reliable way to purify water on the go. This won't take place of your air-sealed water supply, but can help if supplies run low.

As last resorts, the back of the toilet, a water heater, or ice cubes in your freezer are all good sources of drinking water when coupled with a purification tablet.

EMERGENCY FIRST AID + HYGIENE

Most earthquake-related injuries aren't caused by the quakes, but by [failing structures](#). Fortunately, cuts, scrapes, and bruises can all be treated with a [first aid kit](#). Other natural disasters (hurricanes, wildfires, floods, etc.) bring more hygiene-related concerns. Water-borne illness, wounds, skin irritation, lung irritation, and infections are incredibly common. Preparing for first aid and hygiene will help prevent illness and infection.

Store a large first-aid kit that carries basics bandages, gauze, latex gloves, tape, alcohol pads, and splints.

Most kits cover the basics, but we can't stress the importance of finding a kit that includes latex gloves enough. In encountering a communicable disease, or providing first aid, they will help keep you and the people you're helping safe.

Further, if you take medication that is vital to your health, store extra in your emergency kit. It's unlikely the neighborhood pharmacy will be open, so talk to your doctor about prescribing [a week supply](#) of medication specifically for your kit.

Many emergency kits overlook basic hygiene, but it can truly transform you and your family's experience in an emergency. Store travel sizes of the following items:

- Washcloth
- Soap/body wash
- Shampoo and conditioner
- Toothbrush and toothpaste
- Wipes
- Pocket tissues
- Infectious waste bags - disposing of waste properly can prevent infection and disease

EMERGENCY SHELTER + WARMTH

You may need to leave your home in an emergency, and when living without insulated shelter or indoor heating, staying dry and warm is imperative. Here are the items that will help:

- Ponchos
- Mylar sleeping bags
- Hand/body warmers
- Emergency tent or tarp

EMERGENCY POWER + COMMUNICATION

Of course, emergencies are more manageable with access to alerts, updates, evacuation instructions, and survival resources. But how do you stay updated without internet, TV, or electricity? Also consider, cell service in a disaster area may be jammed, so you'll need to plan on operating mostly without power.

Here's what you need to be completely prepared:

- [Hand crank flashlight/radio/phone charger](#) (ideally one tool that manages all three)
- 30-hour candle
- Glow sticks
- Whistle
- Waterproof matches

EMERGENCY DOCUMENTS

Internet and phone service may be down, which means everything from credit cards to cell navigation may be unusable. The following items will help you and your family communicate, assemble, identify yourselves, and gain access to resources.

- Emergency contact form
- Evacuation plan
- [Communication plan](#)
- Paper and pencil
- Copies of two forms of ID (passport, DL, birth certificates, SS cards)
- Insurance records

- Bank records
- Local map
- Personal and local evacuation routes
- Cash

Having essential items in your survival kit is equally as important as having a thoughtful plan on how you and your family will react and keep in touch during an emergency.

Each kit should include communication and evacuation plans with the following information:

- List of emergency contacts (household contact information, and out-of-town contacts)
- List of local agencies and shelters that offer aid after disasters
- A designated meeting point for you and your family, which should be an accessible, open area that is less likely to be affected by faltering building structures
- Work, school, and home evacuation routes
- Local maps with hospitals, urgent care centers, and possible evacuation routes highlighted

EMERGENCY EQUIPMENT

Sometimes the most dangerous part of a disaster is the toxic, unhygienic, or generally treacherous environment left after an emergency event. The following tools will be imperative to anyone navigating disaster aftermath.

- [N95 dust mask](#)
 - N95 certified masks are medical-grade and can protect you from inhaling harmful particles (building debris, asbestos, lead, etc.) in the air after a disaster
- **Leather Palm Gloves**
 - These can be handy while using tools, but are also important for keeping your hands protected when navigating debris or dangerous areas
- **Multi-function knife**
- **Safety goggles**
- **Rope**
 - Rope can be used for building shelter, drying clothing, securing loose items, helping lift people or items over obstructions, and much more.
- **Sewing Kit**
- **Compass**

We know building your own kit is a serious undertaking, and not everyone will have time and money to research and purchase quality products piecemeal.

Luckily Redfora has you covered. If you do nothing else on this list, here are the five things Redfora believes are imperative to keep you and your family safe in an emergency, and save a lot of time and money.

1. [Buy Redfora's Complete 7-Day EQ Bag](#) to cover all the items listed above, except for your emergency documents. We supply [kits](#) that support up to 6 people in one bag. Purchase accordingly for your household.
2. Prepare and store all the listed emergency documents in your EQ bag, cash included.
3. Store extra warm clothing, shoes, and mylar sleeping bags in each of your EQ bags
4. Scan dependent and pet checklist, and store any relevant items in your EQ bag

CHAPTER 2

LEVELING UP YOUR EMERGENCY KIT

We covered the essentials in the last chapter - items Redfora knows you'll need to survive in an emergency, no matter who or where you are. But, depending on your location, personal needs, and household needs, we know you may need more.

Here is Redfora's list of commonly overlooked, but crucial items that could mean the difference between surviving and thriving for you and your household. Consider whether these tools may be essential for survival. Anything taking up space in and adding weight to your emergency kit should be something imperative for you and your family.

EMERGENCY STORAGE

Ziploc bags to organize smaller items and keep items dry

EMERGENCY FOOD

In addition to [MRE \(Meal, Ready-to-Eat\)](#) bars, there are a couple other food options, both of which require extra preparation and add to the weight of your bag.

- Canned food
 - Requires manual can opener
- [Cook-in-pouch meals](#)
 - Requires fire or camping stove

EMERGENCY FIRST AID + HYGIENE

- Glasses
 - These can be great for both eyesight and eye protection
- Contacts and contact solution
 - Keep in mind contacts catch dust and debris much more easily, so we recommend spare glasses in addition to extra contacts
- Feminine hygiene products
 - These have many uses beyond their design (i.e., helping cover wounds or stop bloody noses)
- Razor and shaving cream
- Deodorant
- Prescription medication
 - [Store a backup supply of any medication that is essential to your health. We recommend at least a week's supply.](#)

EMERGENCY SHELTER + WARMTH

- Sturdy shoes
 - Sturdy shoes that you can wear over debris are essential. Pack hiking boots or sturdy sneakers, and forgo anything with a flimsy sole or open toe.
- Wool socks
- Mylar or wool blankets
 - Emergency blankets are heat-reflective and the lightest weight; specifically designed for emergencies
 - Fleece blankets are ideal for extra protection against the cold
- Extra clothing
 - Pack at least one warm, dry outfit per person to keep in your packs.

EMERGENCY POWER + COMMUNICATION

- Solar panel
- Solar-powered light and battery packs
 - Generators, like the [River Mobile Power Station](#), are hard working tools that provide both light and power. You can charge anything from your phone to a drone. An item like this could help your, your family, and even your neighborhood.

EMERGENCY EQUIPMENT

- [Gas shut off tool](#)
 - If you use gas utilities in your home, this tool can save you and your family from potential carbon monoxide poisoning and fire hazards by shutting off your gas line immediately following an emergency
- [Pry bar](#)
- [Hatchet](#)
- [Fire flint starter](#)
- Fire extinguisher
- [Compact shovel](#)
- [Compact saw](#)
- [Dry bag](#)
- Duct tape
 - This is excellent for sealing windows, repairing tears, stopping leaks, and even waterproofing shoes.
- [Headlamps](#)
 - Flashlights require a free hand, which simply won't cut it in the worst of emergencies. A headlamp is a hands-free alternative that will make everything from building a shelter to cooking at nighttime easier.

EMERGENCY SUPPLIES FOR DEPENDENTS + PETS

For those of us caring for babies and children, elders of our families, our four-legged friends, consider the following items as they pertain to your household.

- Medical supplies for those with differing abilities, wheelchair users, and elderly adults
- Infant formula and/or manual breast pump
- Diapers, wipes, and infectious waste bags
- Comfort item or toy for children
- Deck of cards or travel-size games
 - Once the chaos settles, there is quite a bit of downtime following a major disaster. Keep yourself and your family occupied with a deck of cards, books, or travel-size board games.

- Pet food
- Pet carrier and/or harness
- Leash

Many of these items will feel like luxuries in a true emergency situation. Whether it's a tool that makes a difficult task a little bit easier, or a game for your family to connect over while waiting out a tenuous situation, this list can bring you relief, comfort, and peace of mind that will give you more mental space to stay safe, calm, and better help others.

CHAPTER 3

EMERGENCY PREPARATION FOR YOUR FAMILY

For many of us, emergency preparation involves a lot more than just buying an emergency kit and securing our home. For those of us with families, we have to help plan and prepare for our children, pets, or aging family members.

We touched on useful items for dependents and pets in the last chapter, but we know how important it is to be informed and prepared for our families, and it warrants covering in detail.

Babies and Toddlers

The youngest members of our family often require the most resources and assistance. Because they grow at such a fast rate, it can be difficult to store their supplies for long. We recommend keeping their emergency kit stored with their diaper bag, and updating both on a monthly basis. This will ensure diapers are always the correct size and none of the food or drinks are expired.

FOOD + WATER

Younger children, particularly infants, have unique nutritional needs. Here are a few notes to consider when storing their food.

- **Formula** comes in two options: ready-to-feed or powdered formula.
 - Ready-to-feed requires no water or heating and, despite its short shelf-life, is a better option when water may be scarce. If you buy ready-to-feed formula, keep in mind you must refrigerate unused formula within two hours upon opening the package. The refrigerated formula must be used or discarded within 48 hours of opening, and any formula you feed to your child can't last more than an hour in the open without being consumed.
 - Powdered formula has a shelf-life of about a year and is more cost effective, but does require clean drinking water.
- **Clean water** is also imperative for breastfeeding mothers to stay hydrated - they may need up to an additional quart of water per day.
- **Include shelf-stable baby food**, as babies may not be ready for the non-perishable foods already in your emergency kit.

FIRST AID, HYGIENE, + COMFORT

Feeding, bathing, and diapering babies are half the battle. Because babies are often very sensitive, keeping them comfortable is equally as important. Consider adding these items to your child's kit, which can help keep them comfortable and make caring for them easier on you.

- **Disposable diapers**
 - Access to laundry services will be unlikely in an emergency, so disposable diapers are a must.

- Wipes
- Medications or supplements
- Vaccination records
- Toy or comfort item
- **Manual breast pump:** while not a necessity, a nursing mother may wish to pack this to keep her milk supply up
- **Thermos** to keep expressed milk warm for a short period of time
- **Baby wrap or carrier** - this will be especially useful if there is rubble or debris to navigate a stroller over and will give you use of both your hands

Children Ages 5-18

School-age children can a wide array of unique needs. Whereas you're most likely to be at home, work, or in your car, your children are most like to be at home, school, or perhaps on a bus. Your child may not be with you in the case of an emergency or natural disaster. To mitigate that, many schools actually require a [child safety emergency kit](#) (often called an Emergency Comfort Kit) be kept at the school for your child.

Emergency Comfort Kits usually include:

- A change of clothes, typically including a warm hat and mittens
- Non-perishable food and water
- Antibacterial hand sanitizer
- Small flashlight with batteries
- Tissues or Wet Wipes
- Notepad and pencil, deck of cards, or other small entertainment
- Family photograph
- Comfort letter

In addition to the comfort kits, we recommend a few extra items in your child's backpack in case of an emergency while on the bus or a field trip. These items can be stored in a plastic storage bag to keep them safe and dry.

- ID cards and [family communication plan](#)
- Emergency whistle
- Emergency Contact Card with a list of priority phone numbers
- First aid kit
- Emergency blanket
- Emergency poncho
- Body Warmers

Family Members with Unique Needs

All of our families have unique needs. From allergies to differing abilities, an aging loved one, or a wheelchair user. Keep these extra items in their emergency kit will give you all peace of mind.

- **Whistle, bell, or battery-powered alarm signal** will help those with mobility restrictions signal for help.
- **Extra medication and medical supplies** (bladder pads, catheters, EpiPen, hearing aid, batteries, etc.)
- **Pen and paper** can be useful for those with communication restrictions
- **Check the ingredients** in your emergency kit food supply for allergens, and adjust as necessary for people with severe allergies.

Pets

Make sure your furry family members are safe by packing supplies for them!

FOOD + WATER

[Emergency kits for pets](#) carry food and water pouches that last up to 5 years. We also encourage you to store an additional supply of water purification tablets. Clean water may be hard to find, these tablets can be a great resource for your pet.

COMFORT ITEMS

- [Blanket](#) and body warmers
 - A wool or mylar blanket and bodywarmers can help your pet stay calm when you need to take them out of their element.
- Leash
 - When you need to move quickly with your pet (in seconds, not minutes), you'll need an extra collar and leash on hand. It's also important to have something to secure them when necessary. Consider including a metal stake to attach your leash to.
- [Crate or Carrier](#)
 - For smaller dogs and cats, a backpack you can carry them in for quick transport will keep them close to you, and keep your hands free. Most small pets feel much safer in an enclosed space and will calm down considerably.
 - Pets often hide and may hesitate to leave the house in the aftermath of an emergency or natural disaster. You may need to carry them in a backpack to bring them to safety.

CHAPTER 4

KEEPING YOUR EMERGENCY KIT CURRENT

Now that you've purchased or built your [emergency kit](#), and your whole family is covered, you may be wondering how to keep your emergency kit current. It's one of our top FAQs and favorite questions to answer.

You know us - it's all about the Preparedness Mindset. The most important action you can take is before an emergency ever occurs. Develop habits that will support you during an emergency or disaster, the same way you keep a spare tire in your trunk or a rainy day fund - just in case. The more prepared you are, the more confidence you have, the more available you'll be to help those who rely on you.

Your next step to stay prepared is keeping emergency kit supplies current. Supplies may expire, or maybe your family has grown with newborns, pets, or helping a dependent parent. We've done the research, and here's what to do:

1. Familiarize yourself with your emergency kit contents - all of them, in detail, including ingredients that may cause trouble for those with allergies.
2. Create an inventory sheet for your kit, including the name of each item and its expiration date (if any) in pencil.
3. Set a consistent date to scan this list monthly, then reorder expiring supplies and increase supplies if your family has grown.

Here's Redfora's list of Commonly Expirable Items:

EMERGENCY FOOD

- Most [emergency foods](#) last 5-10 years.
- [MREs \(Meal, Ready to Eat\)](#) and other freeze-dried meals will be good for five years
- [Bulk emergency food](#) has a shelf life between 15-25 years.

EMERGENCY WATER

[Water pouches](#) are metalized, so they can withstand extreme temperatures and situations better than a bottle.

MEDICATION

It is imperative to have a stored supply of medication you take regularly in your emergency kit.

- Discuss a 30-day backup supply with your doctor.
- The FDA recently performed a study of over 100 medications that were at least 15 years old and over 90% of the test drugs were perfectly good, despite being well past their expiration. However, if you require medication that is working at its full potential, it's best that you check dates and restock monthly or quarterly.

DISPOSAL RECOMMENDATIONS

- Food near its expiration date can be consumed, donated, or discarded if it is damaged or inedible.
- Expired emergency water is not drinkable, but can be used for bathing, cleaning, and washing clothes and dishes.
- Medication disposal is regulated by the FDA and has strict guidelines. If you have medicine that is not expired but you no longer need, some organizations accept donations. Learn more about all the approved options on the [FDA website](#).

DAMAGED ITEMS

Regularly check your emergency kit for damage. Water, cold, heat, and humidity can damage a lot of materials. Start by storing your kit in a dry location, away from extreme temperatures. Redfora's Preparedness Mindset tip is to add a monthly visual scan of all your supplies. Items to consider carefully are:

- Batteries: Use a battery tester and store batteries in a plastic Zip-Loc style bag.
 - Note: Redfora always recommends items that are solar powered, as battery life won't be as reliable in an emergency.
- First aid items: Ointments and creams lose effectiveness over time, so follow the expiration dates closely.
- Light sticks: Examine them carefully to ensure the contents haven't been disturbed. Hold the light stick up to the light. Flip over the light stick to watch the air bubble rise to the top of the stick. If the air bubble rises in a straight pattern, the light stick is unused. If the bubble rises in a jagged pattern, the light stick has been damaged or used.
- Water purification tablets: Inspect packaging for water damage. Bubbled labels, wet or damp cardboard, and a musty smell are all indicators of potential water damage.

EMERGENCY EVACUATION PLAN

- Pick a day each month to discuss your family's plan around the dinner or breakfast table, where your family is already together and focused.
- Detailed plans for evacuation, including meet-up locations, and [communication plans](#) should be printed and stored in each of your emergency kits.
- Start a group text, which will be easily accessible and usable in case of an emergency. Use it to keep everyone, including out-of-town contacts, updated.

EMERGENCY CONTACT CARDS

Finally, keep updated emergency contact cards in each of your emergency kits and children's backpacks.

- Include both in town and out-of-town contacts' phone numbers, email addresses, and social media handles
- Contact cards should be updated every time a phone number changes.

All this can be covered in 15-20 minutes, once a month. All the habits above are designed keep you and your family well prepared to navigate emergency or disaster situations with more simplicity and confidence, which will give you more mental and emotional space to support those around you.

CHAPTER 5

STORING YOUR EMERGENCY KIT

By now, you've got the Preparedness Mindset down - the sweet spot between educated and prepared, while still enjoying day-to-day life as it is. Great work so far! [Your kits](#) are ready to go for your whole family, you know how to maintain them... now, where do you keep it?

You could be anywhere when an emergency happens, but most likely you'll be in one of three places: home, work, or in/near your car. Given you may be unable to return home in an emergency, we recommend having an emergency kit in each of these three locations.

The keys to successful storage are accessibility, dryness, and protection from extreme temperatures. Here's what we suggest.

HOME: Store in an open area near your bed, near an exit, under a bench in your entryway, or a dry outdoor shed or storage space.

WORK: Store in an unlocked cabinet, on an easily accessible shelf, or under your desk. Depending on how much space you have at work, consider a mini-bag.

CAR: Store in the trunk of your car. This will be useful in any emergency, from your car breaking down to a natural disaster. Keep in mind, the food and water may need to be restocked more often if your car is exposed to extreme cold. We know what you're thinking - couldn't the trunk overheat? We thought the same thing, but it's actually the body of the car that overheats. Windows act as a heat magnifier, whereas the trunk is completely protected from sunlight and stays cooler naturally.

No matter where you're storing your kit, avoid putting it anywhere it could be buried or displaced. Near, in, or under furniture that may easily collapse, or in garages or closets where items can easily fall on top of your kit are not ideal for storage.

Finally, store your kits in a dry space. While an emergency kit is likely to withstand many environmental circumstances, sustained moisture could be damaging.