



LEGAL AID SOCIETY
OF MIDDLE TENNESSEE AND THE CUMBERLANDS

What Do You Need In A Survival Kit?

The Basics

- Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
- Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
- Flashlight
- Battery-powered or hand-crank radio
- Extra batteries
- First Aid kits
- Medications (7-day supply) and medical items
- Multi-purpose tools
- Cell phone with chargers
- Family and emergency contact information
- Extra cash
- Maps of the area
- Emergency blankets
- Copies of personal documents (medication list and important medical information, proof of address, deed/lease, passports, birth certificates, insurance policies)



What Do You Need In A Survival Kit?

Consider the needs of all family members and add supplies to your kit

- Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
- Baby supplies (bottles, formula, baby food, diapers)
- Games and activities for children
- Clean toilet inside & out
- Pet supplies (collar, leash, ID, food, carrier, bowl)
- Two-way radios
- Extra set of car keys and house keys
- Manual can opener



What Do You Need In A Survival Kit?

Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area

- Whistle
- N95 or surgical masks
- Matches
- Rain gear
- Towels
- Work gloves
- Tools/supplies for securing your home
- Extra clothing, hat, sturdy shoes
- Plastic sheeting
- Duct tape
- Scissors
- Household liquid bleach
- Entertainment items
- Blankets or sleeping bags