1. FEMA & Red Cross Suggested Minimum Basic Emergency Supply Kit:
   * Water - one gallon of water per person per day for at least three days
   * Food - at least a three-day supply of non-perishable food
   * Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
   * Flashlight
   * First aid kit
   * Extra batteries
   * Whistle to signal for help
   * Dust mask to help filter contaminated air and plastic sheeting and duct tape.
   * Moist towelettes, garbage bags and plastic ties for personal sanitation
   * Wrench or pliers to turn off utilities
   * Manual can opener for food
   * Local maps
   * Cell phone with chargers and a backup battery

2. FEMA & Red Cross Recommended Additions:
   * Prescription medications
   * Non-prescription medications
   * Glasses and contact lense solution
   * Infant formula, bottles, diapers, wipes, diaper rash cream
   * Pet food and extra water for your pet
   * Cash or traveler's checks
   * Important family documents: secure flash drive, water proof container.
   * Sleeping bag or warm blanket for each person
   * Complete change of clothing appropriate for your climate and sturdy shoes
   * Household chlorine bleach and medicine dropper to disinfect water
   * Fire extinguisher
   * Matches in a waterproof container
   * Feminine supplies and personal hygiene items
   * Mess kits, paper cups, plates, paper towels and plastic utensils
   * Paper and pencil
   * Books, games, puzzles or other activities for children

3. The CAER Standard:
   * The CAER philosophy recognizes that; A) one may be their own first responder for a prolonged period of time, and, B) a person or family may need to evacuate in a moments notice. We thus present the standard three day emergency kit as a dual duty emergency and evacuation kit.
   * Everything in the FEMA/Red Cross Recommended Minimums contained in an easy to transport tote, or preferably in one backpack for each person (small children's loads split between adults. ).
   * In addition, a Sawyer Mini water filter, single wall stainless steel bottle and cup, extra change of outer clothes, two days change of socks and under garments, small towel, good pocket knife, good fixed blade knife or hatchet, 3' crow bar, roll of 8 mil plastic sheeting, roll of quality duct tape, 100' of 550 cord.
   * Three months minimum of provisions (food and water) in the pantry.
   * As close to $100 cash as one can save, or more if possible.