You never know when bad weather, fire, flood, or other problem could mean you have to live without things you normally take for granted. Be prepared with a survival kit! This list is from the Office of Homeland Preparedness and has been revised for people on dialysis:

**Basic Survival**
- Your medications
- Water for 3 days stored in plastic bottles with caps—1 gallon of water per healthy person per day (follow your fluid restriction)
- Food for 3 days with no refrigerator (follow your emergency meal plan)
- A hand crank opener for cans, and knife, fork, and spoon for each person to eat with

**Basic Supplies**
- Flashlight and extra batteries
- Battery powered radio and extra batteries
- Cash or travelers checks, change
- First aid kit and book
- Map of the area for evacuation or for locating shelters
- Matches in a waterproof container
- A whistle to signal for help

**Clothing & Bedding (per person)**
- Underwear
- A jacket or coat
- Long pants
- A long sleeve shirt
- Sturdy shoes
- A hat and gloves
- A sleeping bag or warm blanket

**Tools**
- Utility knife
- Fire extinguisher: small canister, ABC type
- Shut-off wrench, to turn off household gas and water

**Sanitation**
- Toilet paper, towelettes
- Feminine supplies and personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach (no scents, added cleaners, no color safe bleach): mix 1 part bleach to 9 parts of water to disinfect. Use 16 drops of regular bleach to purify 1 gallon of water.
**Q: What supplies should I always have on hand for emergencies?**

**Family Documents**

- Copies of important family records such as insurance policies, identification, and bank account records in a waterproof, portable container

**What I can do to stay safe in an emergency:**

- Get a copy of the booklet *Preparing for Emergencies: A Guide for People on Dialysis* from my center or my ESRD Network.

- Look at the Office of Homeland Preparedness website (www.ready.gov) – at home, at a friend’s, or at the library.

- Learn first aid from a class or book.

- Keep a survival kit at home, and a smaller one at work and in my car.