

National Preparedness Month

Fred is ready to help you and your family prepare for all types of emergencies. Get started at fredthepreparednessdog.org.



Putting together a Family Emergency Kit is a great way to be prepared for storms or other emergencies before they happen. Here are some ideas for things to include in your family's emergency kit. –Fred

- Complete the [Fred the Preparedness Dog Family Preparedness Plan](#) with important family information
- Water: One person generally requires at least one gallon of water per day for drinking and cleaning. Our pets will also need fresh water, and bowls, for drinking too. This chart gives an idea of how much dogs and cats drink a day.

Dog		Cat	
Weight (lbs)	Water (oz)	Weight (lbs)	Water (oz)
2 – Chihuahua	3.5	3	2.6
10 – Pekingese	12	5	4.6
18 – Boston Terrier	18	7	6.5
35 – Whippet	30	8	7.3
48 – Shar Pei	38	9	8.3
65 – Boxer	48	10	9.1
80 – German Shepherd	56	11	10.1
100 – Rottweiler	66	12	11
130 – Bullmastiff	81	15	13.8
170 – Great Dane	99	18	16.4

- Food and snacks: At least a three-day supply of non-perishable foods for people and pets.
- Disposable cups, plates, and eating utensils or mess kits; bowls for the pets
- Crank or battery-powered radio and extra batteries
- Flashlight and extra batteries
- Glow sticks to see and find each other
- First-aid kit and guide
- Whistle to signal for help
- Extra leashes and collars for pets
- Games or toys to stay busy for family and pets
- Dust masks to help filter air
- Moist towelettes for sanitation
- Wrench or pliers to turn off utilities
- Manual can opener if your kit contains canned food
- Lightweight rain ponchos for each family member
- Sleeping bag or blanket for each family member
- Maps and compass to keep from getting lost if evacuating
- Pencil and paper

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- Prescription medications in child-proof containers for each family member
- Spare eye glasses
- Infant formula and diapers for infants and toddlers
- Toilet paper
- Feminine hygiene supplies
- Five gallon bucket with lid for “emergency toilet”
- Garbage bags and plastic ties for disposing waste
- Survival reference guides can be downloaded from www.ready.gov and are available from various agencies.
- Checklist of items included in your family’s kit.
- Extra change, cash or traveler’s checks: While it is not recommended that people store large amounts of cash in their home, traveler’s checks are a good option for ensuring that your family has enough currency on hand for at least three days. Change may be necessary for paying highway tolls or can be used for making calls from pay phones.
- Cell phones with chargers or prepaid calling cards: Although phone service might not be available during an emergency, people who have cell phones should carry these with them at all times. Be sure to store and update all phone numbers for each family member in your phone. Each family vehicle should contain a charger for each person’s phone. Texting short messages to emergency contacts may get word out to your family. Prepaid calling cards are a good, low-cost alternative for helping to make sure that everyone is able to make a phone call during an emergency.
- Extra weather appropriate clothing, toiletries and cosmetics: Just as if you were planning to travel on business or pleasure, you might want to include these items in your kit. However, they will add bulk and weight.
- Fuel: Vehicles should always be kept as fully fueled as expenses allow in case it becomes necessary to evacuate. People should not store gasoline in their home, because this poses a fire hazard. Store an empty, approved gasoline container in your vehicle for getting gas in case you run out – do not keep it filled.
- Matches in a waterproof container: This can be a small, low-cost source of heat and light for warmth and cooking in an emergency, but is a possible safety hazard for small children.