

HAWAII RELEASES EXTENSIVE HURRICANE and TROPICAL PREPAREDNESS GUIDE: Fourteen (14)-day Emergency Supply Kit

With Hawaii's remoteness it could be as long as two weeks or more before a full disaster relief operation can be initiated. Hawaii residents need to be prepared to take care of all of their emergency needs and those of their family for at least 14-days following a major island or state-wide disaster.

Your emergency supplies kit should contain enough of the following items to last for a minimum of 14-days:

- * Water – One gallon of water per person per day for drinking, cooking and sanitation (1/2 gallon per person per day for drinking purposes only).
 - * Food – Non-perishable food that does not require cooking such as chunky peanut butter, protein/nutrient bars, protein shakes and/or dried fruits/nuts. Popular local foods such as spam, corned beef and vienna sausages are great comfort foods but contain high sodium and may be heavy to carry should you need evacuate.
 - * Eating Utensils – Plates, mess kits, forks and chop sticks. Don't forget a non-electric can opener for canned foods.
 - * Radio – NOAA Weather Radio or AM/FM Radio (battery, hand-crank or solar)
 - * Light – Flashlight (battery, hand-crank or solar) and / or portable fluorescent lights
 - * Spare batteries – Check annually (keep batteries out of radios and flashlights and in a dry area to avoid corrosion).
- First Aid – Get a good kit with non-latex gloves and consider enrolling in a certified first aid, CPR and AED course.
- * Whistle – Important for signaling for help. A whistle carries much farther than the human voice and uses less energy than yelling.
 - * Dust Mask – Helps to filter contaminated air.
 - * Sanitation – Moist towelettes, toilet paper, baby wipes, 5-gallon bucket (if need to evacuate), heavy duty garbage bags, baking soda or kitty litter to absorb odors and plastic ties for personal sanitation.
 - * Personal Toiletry – Baby wipes, mouth wash, tooth paste/brush, deodorant, feminine products, incontinent supplies.
 - * Tools – Wrench or pliers to turn off utilities, duct tape, rope.
 - * Important Document – Picture ID, Medical Records, Insurance and Bank Records, Certificates (i.e. Birth, Marriage, Divorce), Deeds, Wills and Healthcare Directives, Family Photos, Local area maps. (Download the FEMA Emergency Financial First Aid Kit <https://bit.ly/2Pcvwtl>)
 - * Medication and Prescription – Special medications, spare glasses, hearing aid batteries, listing of all prescriptions and medical device serial numbers.
 - * Baby and Children – Infant formula, diapers, kid friendly snacks, toys and games that do not require power or batteries.
 - * Pet Supplies – Pet food, water, leak proof crate / container, leash, ID, medications, and toy.