

I Need an Emergency Preparedness Kit (or Go Kit)! How Do I Make One?

A go kit is designed to keep you going for three days. There should be a kit for every member of the family. You can store them in your car or in a readily accessible place in your residence.

The *Ready in 3 Family Safety Guide* provides a checklist for what to have on hand but doesn't really give you a good idea as to what to have in a go kit. You can look at the go kits for sale by the American Red Cross and try to make one yourself or just go ahead and buy them. You can also get a go kit from Walmart online.

Whether you make the kits yourself or buy one is a personal decision. To assist you in your decision, the following page has the contents of three Red Cross kits, their respective prices, and the prices of the contents if purchased locally in Jefferson City. Prices came from retailers found in Jefferson City that are large and well known. Not everything was found at one store, requiring extra time and fuel shopping at other stores. The sole exceptions were the food rations and emergency water, those had to be priced online.

Should you decide to assemble your own kit you don't have to have an exact copy of the Red Cross version but the Red Cross put a lot of thought about what should be in a kit. The ministry believes that a Red Cross kit is the bare minimum. Making an exact copy of the Red Cross kits will cost anywhere from one third to twice as much so it is highly recommended that you purchase the Red Cross kits.

To keep costs down young children do not need an adult kit. You can add extra stuff to an adult kit for the kids.

Like managing a pantry, the food rations and emergency water in the kits will need to be replaced periodically. The rations and water in the kits have a shelf life of four to five years if stored in a vehicle. Retailers such as Nitro-Pak (an online retailer) sell replacement rations and emergency water for the kits.

Contents	Price	Deluxe Personal Kit \$20		Adult 3 Day Kit \$50		Deluxe Adult 3 Day Kit \$70	
Pack	\$14.27	1	\$14.27	1	\$14.27	1	\$14.27
1 Rain poncho	\$2.96	1	\$2.96	1	\$2.96	1	\$2.96
1 Emergency blanket	\$1.96	1	\$1.96	1	\$1.96	1	\$1.96
1 Whistle with neck cord	\$1.46	1	\$1.46	1	\$1.46	1	\$1.46
1 Light stick	\$1.88	1	\$1.88	3	\$5.64	3	\$5.64
1 Emergency drinking water pouch	\$0.67	1	\$0.67	8	\$5.33	8	\$5.33
2 Hand warmers	\$0.67	2	\$1.33		\$0.00		\$0.00
2 Exam-quality vinyl gloves (latex free)	\$0.09	2	\$0.17	1	\$0.09	1	\$0.09
1 N95 mask	\$4.48	1	\$4.48	1	\$4.48	1	\$4.48
2 Germicidal wipes (kills germs)	\$0.39	2	\$0.78		\$0.00		\$0.00
2 Antiseptic cleansing wipes (sting free)	\$0.39	2	\$0.78	2	\$0.78	2	\$0.78
1 Triple antibiotic ointment pack	\$0.47	1	\$0.47	2	\$0.93	2	\$0.93
Absorbent Compress (5" x 9" dressing)	\$0.45		\$0.00	1	\$0.45	1	\$0.45
Adhesive Bandages (23 in assorted sizes)	\$0.10	15	\$1.55	23	\$2.37	23	\$2.37
Adhesive Cloth Tape (5 yards x 1")	\$2.57			1	\$2.57	1	\$2.57

Aspirin (2 packets, 81mg each)	\$0.01			2	\$0.02	2	\$0.02
Scissors	\$1.00			1	\$1.00	1	\$1.00
3-inch Roller Bandages (3)	\$2.58			3	\$7.74	3	\$7.74
Sterile Gauze Pad (3" x 3")	\$0.18			1	\$0.18	1	\$0.18
Battery Powered Flashlight (batteries included)	\$1.68			1	\$1.68	1	\$1.68
Battery Powered Radio (batteries included)	\$15.00			1	\$15.00	1	\$15.00
Food Bars (4,800 calories total)	\$8.00			1	\$8.00	1	\$8.00
Work Gloves (one pair)	\$1.77			1	\$1.77	1	\$1.77
Moist Towelettes (6)	\$0.06			6	\$0.39	6	\$0.39
Plastic Sheeting (10' x 10')	\$7.44			1	\$7.44	1	\$7.44
Roll of Duct Tape	\$4.47			1	\$4.47	1	\$4.47
Water Container (2.5 gallon)	\$5.24			1	\$5.24	1	\$5.24
shampoo/body wash	\$1.00					1	\$1.00
wash cloth	\$1.50					1	\$1.50
toothbrush	\$0.97					1	\$0.97
toothpaste	\$0.50					1	\$0.50
comb	\$1.00					1	\$1.00
deodorant	\$0.97					1	\$0.97

Total Cost			\$32.75		\$96.22		\$102.16
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