Recommended List of Items for an Emergency Kit

Developed on 2015/8/5

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As natural disasters like earthquakes and typhoons are frequent in Taiwan, every household should have at least one emergency kit ready for use. An emergency pack is preferably made of canvas or nylon sturdy waterproof material. The pack should be placed in a place that is within easy reach of the doorway of your home or workplace, and the contents of the kit should be checked at least once every six months to ensure that it is functioning properly, and that food and medications are within their expiration dates.

A basic emergency kit could include the following recommended items:

1. **Items needed to keep you alive:** drinking water and non-perishable food to last at least up to three days (mainly ready to eat once unpacked with no cooking required. Avoid canned food that is too salty or sweet.)
2. **Items needed to keep you warm:** warm blankets, warm clothing, warm packs and light raincoats, etc.
3. **Communication-related items:** radio (batteries), cell phone (spare batteries, power bank), flashlight (batteries, hand crank), glow stick, whistle, paper and oil-based pen, etc.

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1. **First aid kit:** basic drugs and dressings for traumatic injuries, such as saline, iodine, gauze, medical tape, elastic bandages, triangular towel, painkillers and gastrointestinal medicine, etc.
2. **Toiletries:** toilet paper, wet wipes, dry hand sanitizer, underwear and feminine products, etc.
3. **Other items:** Swiss knife (folding knife), rope (scout rope), cotton gloves, foldable water bag, some cash, photocopies of personal documents (e.g. ID card, health insurance card), epidemic prevention materials (e.g. mask, alcohol), lighter, etc.

Notes:

1. Families with children under six years old: infant formula, bottles, diapers, and insulated bottles.
2. Families with chronic illnesses such as diabetes, hypertension, heart disease, dialysis, or long-term prescription drugs: keep at least up to seven days’ supply of commonly used drugs.
3. Food and supplies for pets and religious items.

Sources: American Red Cross, Japan Fire Department, National Fire Agency of the Ministry of the Interior of Taiwan, and expert advice