

Basic Emergency Kit

Living in Alaska means preparing for extreme weather, remote conditions, and potential emergencies. A well-stocked emergency kit can make a critical difference in staying safe. Here's a basic emergency kit tailored for Alaska's unique geography and challenges:

Essentials

- **Water** – At least 1 gallon per person per day (minimum 3-day supply)
- **Food** – Non-perishable, high-calorie items (MREs, protein bars, canned goods)
- **Manual can opener**
- **Flashlight** – With extra batteries or hand-crank option
- **First Aid Kit** – Include medications, bandages, antiseptics, pain relievers, and prescription medications
- **Multi-tool or knife**
- **Whistle** – For signaling help
- **Battery-powered or hand-crank NOAA weather radio**
- **Extra batteries**
- **Personal documents** – IDs, insurance, medical records in a waterproof bag

Cold Weather & Winter Survival Gear

- **Thermal blankets or sleeping bags**
- **Hand warmers and foot warmers**
- **Extra clothing** – Layered, moisture-wicking, and insulated (wool socks, gloves, hats, scarves, extra boots)
- **Fire-starting materials** – Waterproof matches, lighters, fire starter logs
- **Emergency shelter** – Tent or tarp
- **Stove or portable heater** – With extra fuel (ensure ventilation)

Summer & Warm Weather Adjustments

- **Lightweight, breathable clothing**
- **Insect repellent and mosquito netting**
- **Sunscreen and sunglasses**
- **Extra water supply for hydration**
- **Cooling towels or battery-powered fan**
- **Portable water filter or purification tablets**

Vehicle Emergency Kit

- **Snow shovel and ice scraper** (Winter)
- **Jumper cables**
- **Tow straps**
- **Tire chains or traction mats** (Winter)
- **Extra fuel (stored safely)**
- **Flares or reflective warning triangles**
- **Sand or kitty litter** – For traction on ice (Winter)

- **Emergency food and water supply**
- **Sleeping bag or heavy blanket (Winter)**

Communication & Navigation

- **Cell phone with charger and backup power source**
- **Satellite phone or personal locator beacon (PLB) if traveling in remote areas**
- **Compass and detailed paper maps**

Hygiene & Sanitation

- **Moist towelettes and hand sanitizer**
- **Toilet paper and small shovel**
- **Feminine hygiene products**
- **Garbage bags and ties**

Wildlife & Outdoor Safety

- **Bear spray**
- **Air horn or noise deterrent**
- **Rope and carabiners** – Useful for securing shelter or gear
- **Fishing line and hooks** – For survival fishing if necessary

Extra Considerations for Rural and Bush Alaska

- **Snowshoes or traction cleats (Winter)**
- **Inflatable raft or ice picks (for travel near frozen water)**
- **Chainsaw or handsaw for clearing fallen trees**
- **Extra fuel for generators or snow machines**

Seasonal Adjustments

To ensure year-round preparedness, this emergency kit should be adapted based on seasonal conditions:

- **Winter** – Prioritize insulation, heating elements, and vehicle traction aids.
- **Spring/Fall** – Prepare for unpredictable weather, including rain gear and extra layering.
- **Summer** – Focus on hydration, sun protection, and insect repellent.

This kit is designed for Alaskan conditions, ensuring readiness for winter storms, earthquakes, power outages, and other emergencies. Regularly check and update supplies to maintain readiness year-round.