

## Suggested Food Items and Supplies

Note: Drinking water should be rotated every 3 to 6 months. Food items should be rotated, too, intervals vary.

Non-perishable food items:

- Canned tuna, beans, meat, fruit, etc.
- Dry cereal
- Nuts and dried fruit
- Graham crackers
- Peanut butter
- High-energy protein bars or snacks
- Beef jerky or similar protein item
- Bottled or canned juice
- Tea or instant coffee; sugar and powdered creamer; powdered juice or lemonade
- Comfort foods such as cookies, hard candy, sweetened cereals
- Bottled drinking water



Supplies you might need for storing, preparing, and cooking food include:

- Plastic containers with lids
- Heavy duty garbage bags
- Liquid dish soap
- Aluminum foil or plastic wrap
- Packets of spices, salt and pepper
- Cloth or paper towels
- Plates and utensils
- Plastic food bags
- Manual can and bottle opener
- Portable camp stove or hibachi, plus fuel and matches



<https://mauiready.org/kit/>

## Car Emergency Kit

Consider keeping the following items in your car:

- Rope & Tarp
- Flares
- Water
- Shovel
- Blanket/Towel
- Safety Goggles
- Jumper Cables
- Fix-a-Flat (4 cans)
- Extra keys
- Leather work gloves
- Fire Extinguisher (ABC type)
- Street maps and evacuation shelter information
- Cell phone charger for car
- Tools — hammer, pliers, screwdrivers, pry bar, wrenches
- Cash in small denominations, including coins for pay phone
- Spare car battery or jump-starting device (with integrated rechargeable flashlight)



With **ALOHA** from  
Paniolo Hale Firewise USA Team



**FIREWISE USA™**  
Residents reducing wildfire risks

**FROM OUR OHANA TO YOURS**

## Molokai Emergency Preparedness



**We did the research  
so you don't have to.**

Primary Radio Stations:

- **KMVI-AM 900**
- **KAOI-AM 1110**



**KAOI-FM 95.1**

**KMVI-FM 98.3**

**KNUI-FM 99.9**

**KONI-FM 104.7**

**KPMW-FM 105.5**

**KDLX-FM 94.3**

**KNUQ-FM 103.7**

Keep tuned in for an announcement of a shelter opening on radio and/or local TV.

Emergency Shelter Locations:

- Maunaloa Elementary for Tsunami
- Molokai High for Hurricane and Tsunami. Kualapu'u Elementary is an overflow shelter.

NOAA: WWG75 162.400 or  
KBA99 162.550

National Weather Service:

[www.weather.gov/hnl](http://www.weather.gov/hnl)

For more information:

Maui Emergency Management Agency  
[www.mauicounty.gov/emergency](http://www.mauicounty.gov/emergency)

## Grab-and-Go Kit

If you must evacuate your house, have a sturdy waterproof bag/backpack/container with items you may need. Consider the following for your kit:


- Prescription and over-the-counter medications, glasses, and medical equipment (first aid); sunscreen; mosquito repellent
- Copies of important documents (i.e. medical and insurance information, birth certificates, bank account records, etc.)
- Cash, house keys, car keys
- Complete change of clothing (include a long-sleeved shirt, long pants, sturdy shoes, hat)
- Blanket, towel, tarp, rope, duct tape
- Feminine supplies, personal hygiene items (soap, toilet paper), and diapers
- Sewing kit, scissors, safety pins
- Can opener, pen, paper, rope, tools
- Disposable gloves, disinfectant, alcohol gel, mask
- Flashlight, radio, batteries, whistle

Don't forget to bring your Go-Kit with you to the shelter!



## Home Survival Kit

Prepare a home survival kit in case you are told to shelter-in-place (stay indoors) or if the roads are closed due to a storm, landslide, or other damage. For such situations, you should have the following on hand:

- Food that does not require refrigeration or cooking. Enough for 1 to 2 weeks 
- Water in plastic containers. One gallon per person per day. Enough for 1 to 2 weeks
- Radio & Flashlights—battery-powered, solar-powered, or crank-powered, plus spare batteries.
- Cell phone with charger, inverter, or solar charger
- Plastic sheeting and duct tape to cover broken windows
- Whistle to signal for help



### REGISTER

Maui County Citizen Alert System will notify you about a potential safety hazards or concerns. Register at <http://www.co.maui.hi.us/index.aspx?nid=983>



## First Aid Kit



Keep a well-stocked first aid kit at home and in your car. Make sure it has all the items you may need for a family of 4:

- Personal items—medications and emergency phone numbers or other items your health care provider may suggest
- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted)
- 1 adhesive cloth tape (10 yd x 1 in)
- 5 antibiotic ointment packets
- 5 antiseptic wipe packets
- 2 packets of aspirin
- 1 blanket
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pairs of non-latex gloves
- 2 hydrocortisone ointment packets
- Scissors
- 2 roller bandages
- 10 sterile gauze pads
- Oral thermometer
- 2 triangular bandages
- Tweezers

Keep your mobile phone on for Wireless Emergency Alerts (WEA)

