

Disaster Supplies Kit

There are some basics you should stock in your home: water, food, first aid, clothing and bedding, tools and emergency supplies, and any special items. Keep the items you will most likely need during an evacuation in an easy-to-carry container such as a large, covered trash container, camping backpack or duffle bag. Keep a smaller version of the disaster supplies kit in the trunk of your car.



How To Store Water

Store your water in thoroughly washed plastic, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers such as soft drink bottles are the best. You can also purchase food-grade plastic buckets or drums. Seal water containers tightly label them and store in a cool, dark place. Replace every six months.

Water

- Store one gallon of water per person per day.
- Have purifying agents available
See page 26 for purification information.

Food

Store at least a three-day supply of non-perishable food for each person. Select foods that require no refrigeration, cooking or preparation. Select food items that are compact and lightweight and rotate the food supply every six months.



- Ready to eat canned meats, fruits and vegetables
- Soups—bouillon cubes or Dried soups in a cup
- Milk—powdered or canned
- Stress Foods—sugar cookies, Hard candy
- Staples—sugar, salt, pepper
- Juices—canned, powdered or crystallized
- Smoked or dried meats such as beef jerky
- Vitamins
- High Energy Foods—peanut butter, nuts, trail mix, etc

Non-Prescription Medications

- Aspirin or non-aspirin pain reliever
- Antacid
- Laxative
- Rubbing Alcohol
- Activated Charcoal
- Anti-Diarrhea Medication
- Emetic (to induce vomiting)
- Eye Wash
- Antiseptic or Hydrogen Peroxide

First Aid Kit

You should have two first aid kits—one for your home and the other for your car. The kit should include:



- Sterile Adhesive Bandages in assorted sizes
- 3-inch Sterile Gauze Pads (8-12)
- Triangular Bandages (3)
- Scissors
- Needle
- Bar of Soap
- Antiseptic spray
- Tongue Blades and Wooden Applicator Sticks
- Assorted Sizes of Safety Pins
- Latex gloves
- 2-inch Sterile Gauze Pads (8-12)
- Hypoallergenic Adhesive Tape
- 2 & 3-inch Sterile Roller Bandages (3 rolls of each bandage type)
- Tweezers
- Safety Razor Blade
- Moistened Towelettes, Sanitary Napkins
- Non-Breakable Thermometer
- Tube of Petroleum Jelly or other Lubricant
- Cleansing Agent—Soap

Tools and Supplies

- Mess kits or Paper Cups,
- Plates and Plastic Utensils
- Battery Operated Radio and Extra Batteries
- Cash, Traveler's Checks, Change
- Fire Extinguisher, Small Canister, ABC type
- Pliers
- Compass & Magnifying Glass
- Aluminum Foil
- Signal flare
- Needles, Thread
- Shut-off Wrench for Gas & Water
- Candles
- This Family Emergency Preparedness Guide
- Flashlight and extra batteries
- Canned Heat (STERNO®)
- Non-Electric Can Opener, Utility Knife
- Tube Tent
- Duct Tape, Flat Head & Phillips Screwdrivers
- Matches (waterproof container)
- Plastic Storage Containers
- Paper, Pencil
- Medicine dropper
- Whistle
- Other



Sanitation

- Toilet Paper, Towelettes
- Feminine Supplies
- Plastic Garbage Bags, Ties
- Plastic Bucket with tight lid
- Household Chlorine Bleach
- Soap, Liquid Detergent
- Personal Hygiene Items
- Small Shovel to dig expedient latrine
- Disinfectant

Clothing and Bedding

Include at least one complete change of clothing and footwear per person

- Sturdy Shoes or Work Boots
- Blankets or Sleeping Bags
- Thermal Underwear
- Rain Gear & Sunglasses
- Hat and Gloves
- Rubber Boots & Rubber Gloves



Special Items

Remember family members with special needs such as infants, elderly or disabled individuals.

For Baby

- Formula
- Bottles
- Medications
- Diapers
- Powdered Milk

For Adults

- Heart and High Blood Pressure Medications
- Prescription Drugs
- Contact Lenses and Supplies
- Entertainment—games for children, books for adults
- Insulin
- Denture Needs
- Extra Eye Glasses

Important Family Documents—Keep these records in a waterproof container.

- Will, Insurance Policies, Contracts, Deeds, Stocks and Bonds
- Bank Account Numbers
- Inventory of Valuable Goods, Important Telephone Numbers
- Passports, Social Security Cards, Immunization Records
- Credit Card Account #s & Co.
- Family Records (birth, marriage, death certificates)

