



## Disaster Supplies Kit

Be ready to respond to any situation by assembling and maintaining a Disaster Supplies Kit. (Don't wait – put an area map in your car that has evacuation routes marked on it)

### WATER

Plan on one gallon of water per person per day.

Store water in plastic containers such as soft drink bottles.

Drink at least two quarts per day, as long as supplies last, and look for alternative sources.

### FOOD

Store at least a three-day supply of no-perishable food. Choose foods that require no refrigeration, cooking, or preparation and are compact and lightweight. If food must be cooked, include a campstove and fuel..Include paper towels and zip lock bags.

#### Food suggestions

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples-sugar, salt, pepper
- High energy foods-peanut butter, jelly, crackers, nuts, health food bars, trail mix.
- Comfort stress foods-cookies, hard candy, sweetened cereals.
- Vitamins

Store the food items in an easy-to-carry object such as a large, covered plastic container.

#### FIRST AID KITS (have two – one in the Disaster Supplies Kit and a smaller one in your car)

- Sterile adhesive bandages
- sterile gauze pads
- adhesive or paper tape
- 2-3 inch sterile bandages
- Scissors
- Tweezers
- Needles
- antibacterial towelettes
- Antiseptic and ointment
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or
- Assorted sizes of safety pins
- Cleansing agent-soap
- Latex gloves (2 pair)
- Sunscreen and Bug repellent
- Aspirin or other pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Laxative

#### CLOTHING & BEDDING

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

- Sturdy shoes or work boots, athletic shoes
- Rain gear, sunglasses
- One blanket and pillow, or sleeping bag per person
- Hat and gloves
- underwear, socks



## *Inform, Prepare and Protect* Disaster Preparedness

### SUPPLIES & TOOLS

- Battery-operated radio and extra batteries
- Non-electric can opener, utility knife
- Fire extinguisher, small canister, A-B-C type
- Tent
- Pliers, hammer, screw driver
- Jumper cables
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Signal flares
- Paper and pencils
- Needles and thread
- Medicine dropper
- Shut off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting

### SANITATION

- Toilet paper, towelettes
- Soap, liquid detergent
- Personal items-shampoo, deodorant, toothpaste, toothbrushes, comb and brush, lip balm, feminine supplies
- Small shovel
- Plastic garbage bag and ties
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

### SPECIAL ITEMS

Don't forget items for family members who have special needs: infants, elderly, or disabled individuals.

Babies (formula, diapers, bottles, powdered milk, medications, immunization records)

#### Elderly People

- Heart and high blood pressure medications
- Insulin
- Prescriptions and drugstore information
- Denture needs

Louisiana United Methodist Disaster Recovery Ministry

141 N. 6th Street, Baton Rouge, Louisiana 70802  
225-346-5193 [www.laumcstormrelief.com](http://www.laumcstormrelief.com)



## *Inform, Prepare and Protect* Disaster Preparedness

### IMPORTANT DOCUMENTS

Keep these records in a waterproof container.

- Will, insurance policies, contracts, deeds, stocks and bonds.
- Passports, social security cards, immunization records
- Savings and checking account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

### Storage Suggestions

Store the kit in a safe, convenient place known to all family members. If possible, it should be a cool, dry, dark location. Keep a smaller version of your Disaster Supplies Kit in the trunk of your car.

Keep items, or groups of items, in water-proof and air tight plastic bags. Change the water supply every six months so it stays fresh. Rotate the food every six months. Ask your doctor or pharmacist about the proper procedure for storing prescription medications. Replace batteries often.

### **96-72 hours before a possible evacuation:**

Fill up your vehicle with gas

Examine the contents of your Disaster Supplies kit, add to it if needed

Go to your bank for cash to have on hand

Protect your home

Make provision for your pets

Decide with your immediate family where you will meet if you get separated

Contact your family members in another state to advise them of your plans

and make sure each member of your family knows how to contact them

**For more information contact Rev. Freddie Henderson at 225-346-1646**

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## **FAMILY EVACUATION PLAN**

### **If you have only moments before leaving, grab these things and go!**

- Medical supplies: prescription medications and dentures.
- Disaster supplies: flashlight, batteries, radio, first aid kit, bottled water
- Clothing and bedding: a change of clothes and a sleeping bag or bedroll and pillow for each household member
- Car keys and keys to the place you may be going (friend's or relative's home)

### **If local officials haven't advised an immediate evacuation...**

**there may still be time to prepare.**

If there's a chance the weather may get worse or flooding may happen, take steps now to protect your home and belongings. Assemble a Disaster Supplies kit. Remember to go to your bank for cash to have on hand, fill up your vehicle(s) with gas. Contact your family members in another state to advise them of your plans

**Do this only if local officials have not asked you to leave.**

### **Protect your home.**

- Bring things indoors. Lawn furniture, trash cans, children's toys, garden equipment, clotheslines, hanging plants, and any other objects that may fly around and damage property should be brought indoors.
- Leave trees and shrubs alone. If you did not cut away dead or diseased branches or limbs from trees and shrubs, leave them alone. Local rubbish collection services will not have time before the storm to pick anything up.
- Leave natural gas on. Unless local officials advise otherwise, leave natural gas on because you will need it for heating and cooking when you return home. If you turn gas off, a licensed professional is required to turn it back on, and it may take weeks for a professional to respond.
- Turn off propane gas service. Propane tanks often become dislodged in disasters.
- Turn off electricity and water if you are able to.
- If flooding is expected, consider using sand bags to keep water away from your home. It takes two people about one hour to fill and place 100 sandbags, giving you a wall one foot high and 20 feet long. Make sure you have enough sand, burlap or plastic bags, shovels, strong helpers, and time to place them properly.
- Cover the outside of windows with shutters or plywood. Use shutters that are rated to provide significant protection from windblown debris, or fit plywood coverings over all windows. Tape does not prevent windows from breaking. All tape does is prevent windows from shattering. Using tape on windows is not recommended.



## *Inform, Prepare and Protect* Disaster Preparedness

### **Gather essential supplies and papers.**

Assemble a disaster supplies kit – put them all together in a brightly colored, labeled box or duffle bag.

- Flashlight with extra batteries
- Battery-powered radio with extra batteries
- First aid kit
- Prescription medications in their original bottle, plus copies of the prescriptions
- Eyeglasses (with a copy of the prescription)
- Water (at least one gallon per person is recommended; more is better)
- Foods that do not require refrigeration or cooking
- Items that infants and elderly household members may require
- Medical equipment and devices, such as dentures, crutches, prostheses, etc.
- Change of clothes for each household member
- Sleeping bag or bedroll and pillow for each household member
- Checkbook, cash, and credit cards
- Maps (**put a map with evacuation routes in the glovebox of your car NOW**)

### **Important papers to take with you:**

- Driver's license or personal identification
- Social Security card, credit cards, cash, checkbook
- Proof of residence (deed or lease)
- Insurance policies
- Birth and marriage certificates
- Stocks, bonds, and other negotiable certificates
- Wills, deeds, and copies of recent tax returns
- Household inventory \*(see below)
- Contact information for family members

### **Protect your pets**

Make provision for the safety of your pets and animals. Gather food items, leashes, medications, bedding.

### **Protect your valuables.**

Move objects that may get damaged by wind or water to safer areas of your home. Unplug all electronic equipment. Move television sets, computers, stereo and electronic equipment, and easily moveable appliances like a microwave oven to higher levels of your home and away from windows. Wrap them in plastic, sheets, blankets, or burlap.

*\* A Household Inventory should be compiled ahead of time. Make a visual or written record of all of your household possessions. Record model and serial numbers. This list could help you prove the value of what you owned if those possessions are damaged or destroyed, and can assist you to claim deductions on taxes. Do this for all items in your home, including expensive items such as sofas, chairs, tables, beds, chests, wall units, and any other furniture too heavy to move. Store a copy of the household inventory somewhere away from home, such as in a safe deposit box, or on a flash drive with digital photographs.*

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