



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-inch sterile rolled bandages
- 3-inch sterile roller 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

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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

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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

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