



This kit can be extensive but should, at minimum, contain enough supplies for three days. Remember during an emergency it may be impossible to shop or search for supplies.

There are basics you should include in your kit: food, water, first aid supplies, clothing and bedding, tools and special need items. Be sure to include one gallon of water per person per day and non-perishable foods

Create a well-stocked first aid kit. Keep fire extinguishers, flashlights and battery-operated radio handy. Make sure to store your kit in airtight, waterproof containers. Rotate stored foods every six months; replace batteries and re-evaluate your needs at least once a year.

WATER

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- | | |
|--|---|
| <input type="checkbox"/> At least a three-day supply of water for each person in your household. | <input type="checkbox"/> One gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation) |
|--|---|

FOOD

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

Include a selection of the following foods in your Disaster Supplies Kit:

- | | |
|--|---|
| <input type="checkbox"/> Ready-to-eat canned meats, fruits and vegetables | <input type="checkbox"/> Vitamins |
| <input type="checkbox"/> Canned juices, milk, soup (if powdered, store extra water) | <input type="checkbox"/> Foods for infants, elderly persons or persons on special diets |
| <input type="checkbox"/> Staples — sugar, salt, pepper | <input type="checkbox"/> Comfort foods — cookies, hard candy, sweetened cereals, instant coffee, tea bags |
| <input type="checkbox"/> High energy foods — peanut butter, jelly, crackers, granola bars, trail mix | |

FIRST AID KIT

Assemble a first aid kit for your home and one for each car. A First Aid Kit should include:

- | | |
|--|---|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes | <input type="checkbox"/> Tube of petroleum jelly or other lubricant |
| <input type="checkbox"/> 2-inch sterile gauze pads (4-6) | <input type="checkbox"/> Assorted sizes of safety pins |
| <input type="checkbox"/> 4-inch sterile gauze pads (4-6) | <input type="checkbox"/> Cleansing agent/soap |
| <input type="checkbox"/> Hypoallergenic adhesive tape | <input type="checkbox"/> Latex gloves (2 pairs) |
| <input type="checkbox"/> Triangular bandages (3) | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> 2-inch sterile roller bandages (3 rolls) | Non-prescription drugs |
| <input type="checkbox"/> 3-inch sterile roller bandages (3 rolls) | <input type="checkbox"/> Aspirin or nonaspirin pain reliever |
| <input type="checkbox"/> Scissors | <input type="checkbox"/> Anti-diarrhea medication |
| <input type="checkbox"/> Tweezers | <input type="checkbox"/> Antacid (for stomach upset) |
| <input type="checkbox"/> Needle | <input type="checkbox"/> Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center) |
| <input type="checkbox"/> Moistened towelettes | <input type="checkbox"/> Laxative |
| <input type="checkbox"/> Antiseptic | <input type="checkbox"/> Activated charcoal (use if advised by the Poison Control Center) |
| <input type="checkbox"/> Thermometer | |
| <input type="checkbox"/> Tongue depressors (2) | |



CLOTHING & BEDDING

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

- | | |
|--|--|
| <input type="checkbox"/> Sturdy shoes or work boots | <input type="checkbox"/> Hat and gloves |
| <input type="checkbox"/> Rain gear | <input type="checkbox"/> Thermal underwear |
| <input type="checkbox"/> Mylar blankets or sleeping bags | <input type="checkbox"/> Sunglasses |
-

TOOLS & SUPPLIES

- | | |
|--|--|
| <input type="checkbox"/> Mess kits, or paper cups, plates and plastic utensils | <input type="checkbox"/> Needles, thread |
| <input type="checkbox"/> Emergency preparedness manual | <input type="checkbox"/> Medicine dropper |
| <input type="checkbox"/> Battery operated radio and extra batteries | <input type="checkbox"/> Shut-off wrench, to turn off household gas and water |
| <input type="checkbox"/> Battery or hand-crank flashlight | <input type="checkbox"/> Whistle |
| <input type="checkbox"/> Cash or traveler's checks, change | <input type="checkbox"/> Plastic sheeting |
| <input type="checkbox"/> Non-electric can opener, utility knife | <input type="checkbox"/> Map of the area (for locating shelters) |
| <input type="checkbox"/> Fire extinguisher: small canister, ABC type | |
| <input type="checkbox"/> Pliers, screwdriver, hammer | Sanitation |
| <input type="checkbox"/> Tape, plastic sheeting | <input type="checkbox"/> Toilet paper, towelettes |
| <input type="checkbox"/> Compass | <input type="checkbox"/> Soap, liquid detergent |
| <input type="checkbox"/> Matches in a waterproof container | <input type="checkbox"/> Feminine supplies |
| <input type="checkbox"/> Aluminum foil | <input type="checkbox"/> Personal hygiene items |
| <input type="checkbox"/> Plastic storage containers | <input type="checkbox"/> Plastic garbage bags, ties (for personal sanitation uses) |
| <input type="checkbox"/> Signal flare | <input type="checkbox"/> Plastic bucket with tight lid |
| <input type="checkbox"/> Paper, pencil | <input type="checkbox"/> Disinfectant |
| | <input type="checkbox"/> Household chlorine bleach |
-

SPECIAL NEEDS ITEMS

Assemble a first aid kit for your home and one for each car. A First Aid Kit should include:

- | | |
|---|--|
| For Baby | <input type="checkbox"/> Important Family Documents |
| <input type="checkbox"/> Formula | Keep copies of these records in a waterproof, portable container. |
| <input type="checkbox"/> Diapers | • ID cards, drivers licences |
| <input type="checkbox"/> Bottles | • Will, insurance policies, contracts, deeds, stocks and bonds |
| <input type="checkbox"/> Powdered milk | • Passports, social security cards, immunization records |
| <input type="checkbox"/> Medications | • Bank account numbers |
| For Adults | • Credit card account numbers and companies |
| <input type="checkbox"/> Heart and high blood pressure medication | • Inventory of valuable household goods, important telephone numbers |
| <input type="checkbox"/> Insulin/Prescription drugs | • Family records (birth, marriage, death) |
| <input type="checkbox"/> Denture needs | |
| <input type="checkbox"/> Contact lenses and supplies | <input type="checkbox"/> Entertainment - games and books |
| <input type="checkbox"/> Extra eye glasses, hearing aid | |
| <input type="checkbox"/> Batteries | |