



Prepare a Disaster/Emergency Kit

Review this checklist & gather the supplies listed.

The supplies you're apt to need for an evacuation are marked with an asterisk (*)

Water* (Enough for 3 to 7 days per person)

- 1 gallon of water per person/ per day (2 quarts for drinking, 2 quarts for food prep & sanitation.) Children, nursing mothers & ill people may need more.

Store water in plastic containers such as thoroughly washed soft drink bottles.
Don't use glass (it's breakable) or anything that held toxic material or cleaners.

Nonperishable Food* (Enough for 3 to 7 days per person)

Select foods that require no refrigeration, preparation or cooking & little or no water. If food must be heated, get Sterno. Items should be compact & lightweight. (Forget about salty foods -- they will make you too thirsty!)

- Ready-to-eat canned meats, fruits & vegetables; also consider "MRE" -- ready-to-eat high calorie full meals with long shelf-life (available at local army-surplus stores or *on-line*)
- Canned or boxed juices, milk, soup (if powdered, store extra water)
- Staples - sugar, salt, pepper
- Vitamins & High-energy food - peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly people, those on special diets, pets
- Comfort/stress foods - cookies, hard candy, sweetened cereals, lollipops
- Instant coffee and tea-bags

First Aid Kit & Manual*

(1 each: at home/work/vehicles)

- Sterile adhesive bandages in assorted sizes
- (4-6) sterile gauze pads/ 2 inch & 4-inch
- Hypo-allergenic adhesive tape
- Triangular bandages (3)
- (3 rolls) sterile roller bandages/ 2-inch & 3-inch
- Scissors, tweezers, needle
- Moistened towelettes, cotton balls
- Antiseptic, antibiotic ointment
- Thermometer & tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleaning agent/soap
- Latex gloves (2 pairs)
- Sunscreen, toiletries
- Nonprescription Drugs:
 - Aspirin or non-aspirin pain reliever
 - Anti-diarrhea medication & laxatives
 - Antacid (for stomach upset)
 - Activated charcoal & Syrup of Ipecac to induce vomiting (each to be used if advised by the Poison Control Center)

Special Needs*

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

For Baby*

- Formula, diapers, bottles, powdered milk
- Medications

For Adults*

- Heart & high blood pressure medication
- Insulin, prescription drugs, denture needs
- Contact lenses and supplies, extra eye glasses

Clothing & Bedding / per person

- *Include at least one complete change of clothing-- long sleeves & pants are best.
- Sturdy shoes/work boots + socks/underwear*
- Rain gear*
- Blankets/pillows or sleeping bags*
- Hat & gloves, sunglasses, thermal underwear

Tools & Supplies

- Charged cell-phone, back-up battery, charger*
- Mess kits/ paper cups, plates, plastic utensils*
- Emergency preparedness manual*
- Battery-operated radio/extra batteries*
- Flashlight & extra batteries*
- Cash (small bills) or traveler's checks, change*
- Non-electric can opener, utility knife*
- Fire extinguisher/ small canister, ABC type
- Whistle, battery-operated travel alarm clock
- Pliers, tapes (i.e. masking, duct), work gloves
- Clean air comfort/dust masks, plastic sheeting
- Matches in a waterproof container
- Alum. foil, plastic storage containers/zipbags
- Signal flare, compass, space blanket, tube tent
- Paper, pencil, needles, thread
- Medicine dropper
- Shut-off wrench, to turn off gas & water
- Map of area (for locating shelters)
- Toilet paper, towelettes, washcloth & towel*
- Soap, liquid detergent*
- Personal hygiene items, feminine supplies*
- Small shovel
- Plastic garbage bags/ties (personal sanitation)
- Medium sized plastic bucket with tight lid
- Disinfectant, household chlorine bleach

Being prepared *before* any major emergency gives you an edge -- especially if you are confined to your home or forced to evacuate. Once it happens, you won't have time to shop or search for supplies.

Remember:

- Check the expiration dates on supplies and medications - keep them up to date
(*Replace them every 6 months*)
- Keep vehicle fuel tanks filled.

Entertainment Items

- Toys, books, cards & games

Important Family Documents & Keys*

- (Keep records current & in a waterproof, portable container.)
- Wills, insurance policies, contracts, deeds, stocks, bonds
 - Vehicle, boat, etc. ID & license numbers
 - Passport, social security cards, immunization records
 - Bank accounts & credit card numbers & companies
 - Inventory of valuable household goods
 - Family records (birth, marriage, death certificates)
 - Important phone numbers, extra car keys & house keys