

Basic Disaster Supplies Kit Checklist

Disasters happen anytime anywhere. When disaster does strike you may not have much time to respond so it is important to prepare prior to an event. Be aware of the hazards in your community and how to react if things go bad. A highway spill of hazardous material could mean instant evacuation or shelter in place. A winter storm could confine your family at home. An earthquake, flood, wildfire could cut off basic services—gas, water, electricity and telephone—for days or even weeks.

Water

- 3 to 7 day supply (one gallon a day per person). Additionally, in determining adequate quantities, take the following into account:
 - Individual needs vary, depending on age, physical condition, activity, diet, and climate.
 - Children, nursing mothers, and ill people need more water.
 - Very hot temperatures can double the amount of water needed.
 - A medical emergency might require additional water.

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 or other heating systems. Select foods that are compact and lightweight. Be sure to inspect and rotate supplies regularly.

- Ready-to-eat canned meats, fruits and vegetables (don't forget a non-electric can opener)
- Canned juices, milk, soup (if powdered, store extra water)
- Staples—Sugar, salt, pepper
- High energy foods—peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods—cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

Clothing and Bedding

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat, gloves and sunglasses
- Thermal underwear
- Long sleeve shirt and pants

First Aid Kit

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

- Sterile adhesive bandages in assorted sizes
- 2—inch sterile gauze pads (4-6)
- 4—inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2—inch sterile roller bandages (3 rolls)
- 3—inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Medical grade non-latex gloves (2 pair)

Non-prescription drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Syrup of Ipecac and activated charcoal (use if advised by the Poison Control Center)
- Laxative
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue Depressor
- Sunscreen
- Bug repellent

Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness manual
- Battery operated radio (NOAA weather alert capability)
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener
- Fire extinguisher: ABC type
- Tent
- Plastic storage containers
- Paper, pencil
- Needles, thread
- Medicine dropper
- Whistle
- Plastic sheeting
- Shut-off wrench, to turn off household gas and water
- Pliers
- Tape
- Compass
- Matches in a water proof container
- Aluminum foil
- Signal Flare
- Local area map
- Tarps

Sanitation

- Toilet paper
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene supplies
- Plastic garbage bags
- Disinfectant
- Plastic bucket with tight lid
- Household chlorine bleach

For Baby

- Formula
- Diapers
- Bottles
- Powdered milk/formula
- Medications

Entertainment

- Books
- Games
- Cards

Pets

- Pet Food
- Kennel
- Comfort items

Special Items

For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses

Important Family Documents

Keep these documents in a waterproof portable container.

- Will, insurance policies, contract, deeds, stocks and bonds
- Passport, social security cards, immunization records
- Bank account numbers, credit card account numbers
- Inventory of household goods, important telephone numbers
- Family records – birth, marriage and death certificates