

PREPARE BEFORE DISASTER STRIKES!!

YOUR FAMILY DISASTER SUPPLIES KIT

There are six basics you should stock: Water, Food, First Aid Supplies, Clothing, Bedding, Tools and Emergency Supplies, and Special Items

- Keep the items you would most likely need during an evacuation in an easy-to-carry container
- Store your kit in a convenient place known to all family members
- Keep a smaller version of the Disaster Supplies Kit in the trunk of your car
- Keep items in an air tight plastic bags
- Change your stored water supply every six months so it stays fresh
- Rotate your stored food every six months.
- Re-think your kit and family needs at least once a year
- Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications

Water

Store water in plastic containers. Children, nursing mothers and ill people will need more than normal person. Change your stored water every six (6) months to keep fresh.

- Store one (1) gallon of water per person per day (2 qt. for drinking, 2 qt. for food preparation/sanitation)
- Keep at least a three (3) day supply for each person

Food

Store at least a three (3) day supply of non-perishable food. Select food items that are compact and lightweight. Rotate your stored food every six (6) months.

- Ready to eat canned meats, fruits and vegetables
- Vitamins
- Canned juices, milk, soup (if powdered store extra water)
- Foods for infants, elderly persons
- Staples – sugar, salt, pepper and items for persons on special diets
- High energy foods – peanut butter, jelly, crackers,
- Comfort/stress foods– cookies, granola bars, trail mix, candy, cereals, tea bags, instant coffee

First Aid Kit

Assemble a kit for your home **and** one for each vehicle:

- Sterile adhesive bandages (assorted sizes)
- Sterile gauze pads (2. & 4 in.)
- Hypoallergenic adhesive tape
- Sterile roller bandages (2. & 3 in)
- Triangular bandages
- Antiseptic
- Scissors, tweezers, needle
- Thermometer
- Moistened towelettes
- Assorted sizes of safety pins
- Tube of petroleum jelly or other lubricant
- Cleansing agent/soap
- Several pair latex gloves
- Sunscreen
- Non-prescription drugs
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Syrup of Ipecac (to induce vomiting, if advised by Poison Control Center)
- Antacid
- Laxative

Tools and Supplies

Remember to replace batteries, and family needs at least once a year!

- Mess kits, or paper plates, cups and plastic utensils
- Needles, thread
- Battery operated radio (extra batteries)
- Flashlight (extra batteries)
- Cash or traveler's checks, change
- Shut-off wrench (turn off water or gas)
- Fire extinguisher (small canister: ABC type)
- Whistle
- Non-electric can opener, utility knife
- Plastic sheeting
- Pliers, tape, compass, signal flare
- Matches in waterproof container
- Aluminum foil, plastic storage containers
- Map of area (for locating shelters)
- Paper, pencils
- Tube tent

Sanitation Items

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant and household chlorine bleach

Clothing and Bedding

Include at least one (1) complete change of clothing and footwear per person, more for children or babies. Update clothing as needed (for sizes)

- Sturdy shoes or work boots
- Hats and gloves
- Rain gear
- Blankets and/or sleeping bags

Special Items

Remember family members with special needs, such as infants and elderly or disable persons. Remember to rotate items as needed, such as medications (ask your physician about storage) or stored food supplies.

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Prescription medications
- Heart & high blood pressure medications
- Insulin
- Extra eyeglasses, contact lens & supplies
- Denture needs

Remember Entertainment Items for the whole family

Important Family Documents

Keep these records in a waterproof, portable container

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