

Disaster Supplies Kit

Place the supplies you would most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).

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.

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, granola bars, trail mix*
Vitamins*
Foods for infants, elderly persons or persons on special diets*
Comfort/stress foods - - cookies, hard candy, sweetened cereals, lollipops, chocolate*

First Aid Kit

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

First Aid Manual
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
2-inch sterile roller bandages (3 rolls)
3-inch sterile roller bandages (3 rolls)
Scissors
Tweezers
Needle
Moistened towelettes
Antiseptic
Thermometer
Tongue blades (2)
Tube of petroleum jelly or other lubricant
Assorted sizes of safety pins
Cleansing agent/soap
Latex gloves (2 pair)
Sunscreen
Non-prescription drugs
 Aspirin or nonaspirin pain reliever
 Anti-diarrhea medication
 Antacid (for stomach upset)
 Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
 Laxative
 Activated charcoal (use is advised by the Poison Control Center)

Tool and Supplies

Mess kits, or paper cups, plates and plastic utensils*
Emergency preparedness manual*
Battery-operated radio and extra batteries*
Flashlight and extra batteries*
Cash or traveler's checks, change*
Nonelectric can opener, utility knife*
Fire extinguisher: small canister, ABC type
Tube tent
Light Sticks
Pliers
Tape
Compass
Matches in waterproof container
Aluminum foil
Plastic storage containers
Signal flare
Paper, pencil
Needles, thread
Medicine dropper
Shut-off wrench, to turn off household gas and water
Whistle
Plastic Sheeting
Map of the area (for locating shelters)

Sanitation

Toilet paper, towelettes*
Soap, liquid detergent*
Feminine supplies*
Personal hygiene items*
Plastic garbage bags, ties (for personal sanitation use)
Plastic bucket with tight lid
Disinfectant

Clothing and Bedding

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

Sturdy shoes or work boots*
Hat and gloves
Rain gear*
Thermal underwear
Blankets or sleeping bags*
Sunglasses

Special Items

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

For Baby

- Formula*
- Diapers*
- Bottles*
- Powdered Milk*
- Medications*

For Adults

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

Entertainment

- Games
- Books
- Cards
- Pencils/Paper

Important Family Documents- Keep these in a waterproof, portable container.

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

Keep these items (*) in an easy-to-carry container for evacuation.

For more information look at the following Web sites:

Federal Emergency Management Agency (FEMA): www.fema.gov
American Red Cross: www.redcross.org