

Disaster Supplies Kit

Keep the items you would most likely need during an evacuation in an easy-to-carry container such as a camping backpack or a duffle bag. These supplies are listed with an asterick (*).

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 2 quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- Store one gallon of water per person per day. (two quarts for drinking, two quarts for food preparation and sanitation).*
- Keep at least a three-day supply of water for each person in your household.

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:

- Ready-to-eat canned meats, fruits & vegetables.
- Canned juices, milk, soup (if powdered, store extra water).
- Staples such as sugar, salt, pepper.
- High-energy foods - peanut butter, jelly, crackers, granola bars, trail mix.
- Vitamins
- Foods for infants, elderly person or persons with special diets.
- Comfort/stress food - cookies, hard candy, sweetened cereal, lollipops, instant coffee, tea bags.

FIRST-AID KIT - assemble a kit for your home and one for each car. A 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)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Scissors
- Cleansing agent/soap
- Needles
- Latex gloves (2 pairs)
- Tweezers
- Moistened towelettes
- Antiseptic
- Thermometer (medical)
- Tongue depressor (2)
- Sunscreen

Non-prescription drugs

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Laxative
- Antacid (for stomach upset)

Contact your local American Red Cross Chapter to obtain a basic first-aid manual and training.

Suggestions and Reminders

- Store your kit in a place known to all family members. Keep a smaller version of the kit in your car.
- Keep items in air tight plastic bags.
- Change stored water every 6 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.

TOOLS and SANITATION

- Mess kits, or paper cups, plates and utensils*
 - Battery operated radio and extra batteries*
 - Flashlight and extra batteries*
 - Cash, traveler's checks, change*
 - Non-electric can opener, utility knife*
 - Map of the area (for locating shelters)*
 - Emergency Preparedness Manual*
 - Fire extinguisher: small - ABC type
 - Tent
 - Pliers
 - Tape (duct)
 - Compass
 - Paper, pencil
 - Signal flare
 - Whistle
 - Plastic sheeting
 - Medicine dropper
 - Matches in a waterproof container
 - Plastic storage containers, bags
 - Shut-off wrench, to turn off house gas & water
 - Sewing kit (needles, thread)
 - Aluminum foil
- ### Sanitation
- Toilet paper, towelettes*
 - Soap, liquid detergent*
 - Feminine supplies*
 - Plastic garbage bags, ties
 - Plastic bucket with tight lid
 - Disinfectant
 - Household chlorine bleach

CLOTHING and BEDDING

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

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