

Your Family Disaster Supplies Kit

Disasters happen anytime and anywhere and when they do, you may not have much time to respond or react.

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Will your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for disaster before it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. If you have gathered your supplies in advance, your family can endure an evacuation or home confinement.

There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items.

To prepare your kit, review the following checklist. Gather the listed supplies. You may need them if you are confined to your home.

Place the supplies you would most likely need for an evacuation in an easy-to-carry container.

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 two quarts of water each day. The heat of summer or 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/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 light weight.

- Ready to eat canned meats, fruits and vegetables
- Canned juices, milk, soup
- 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)

First Aid Kit

Assemble a first aid kit for your home and one for each car.

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Thermometer
- Tongue blades
- Tube of petroleum jelly or other lubricant
- Antiseptic
- Hypoallergenic adhesive tape
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen

Non-prescription drugs

- Aspirin or non-aspirin 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 if advised by the Poison Control Center)

Tools 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
- Non-electric can opener, utility knife
- Small canister ABC type Fire extinguisher
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Signal Flare
- Paper, pencil
- Aluminum foil
- Plastic storage containers
- 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
- Household chlorine bleach

Clothing and Bedding

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

Special Items

- Heart and high blood pressure meds
- Insulin
- Prescription drugs
- Denture needs

- Contact lenses and supplies
- Extra eye glasses

For Baby/children

- Formula
- Diapers

Entertainment

- Games and books

Important Family Documents

Keep these records 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)