



## Basic Disaster Supply Kit

Disasters can occur anytime and anywhere leaving little time to gather essentials that you and your family would need if you had to stay-put in your home or needed to evacuate. Local emergency personnel cannot provide assistance to everyone immediately, so you should **plan for supplies that could sustain your family for a minimum of three days** if access to your home, electrical power, water and phone service is cut off.

### WATER

- One gallon of water per person per day (drinking/food preparation/sanitation).
- Buy bottled water or store water in plastic containers such as soft drink bottles. Do not use glass or milk cartons. Change water every six months.
- *Emergency disinfection of drinking water*: Cloudy water should be filtered through clean clothes or allowed to settle. Disinfect by boiling for one minute or add 1/8 teaspoon (8 drops) of regular, unscented liquid household bleach for each gallon of water, stir well and let it stand for 30 minutes.

### FOOD

- Choose foods that are non-perishable and require no refrigeration, preparation or cooking. Rotate foods every six months:
  - Canned meats, fruits, and vegetables (ready to eat).
  - Canned juices or box drinks
  - Staples: sugar, powdered milk, instant coffee (need to store extra water)
  - High energy foods – peanut butter, granola bars, trail mix, power bars
  - Vitamins
  - Comfort foods – cookies, hard candy
  - Special needs – infants, special diets

### FIRST AID KIT

- Purchase one for home and vehicle or assemble the following:
  - First aid manual
  - Sterile adhesive bandages and gauze pads, various sizes
  - 2” and 3” roller bandages
  - Sanitizer or soap
  - Antiseptic, antibacterial ointment
  - Thermometer
  - Two pair of medical grade, non-latex gloves
  - Scissors, tweezers, needle, safety pins
  - Tube of petroleum jelly or lubricant
  - Non-prescription medicines
    - Pain reliever
    - Antacid and anti-diarrhea medication



## **TOOLS and SUPPLIES**

- Battery operated (or crank) radio and flashlight with extra batteries
- Eating utensils, paper plates/cups
- Manual can opener and utility knife
- Shut-off wrench for household gas/water
- Pliers, scissors
- Duct tape, plastic sheeting
- Aluminum foil, re-sealable plastic bags
- Small fire extinguisher (ABC type)
- Whistle
- Pet food and supplies
- Sanitation supplies
  - Toilet paper, towelettes
  - Soap
  - Personal hygiene items
  - Plastic bucket with lid, garbage bags with ties
  - Disinfectant or bleach
  - Diapers (baby)

## **SPECIAL ITEMS**

- Prescription medicines (extra supply)
- Keep the following items in a water tight container:
  - Personal identification
  - Small amount of cash
  - Extra set of house/vehicle keys
  - Copies of important personal/family documents
  - Maps and evacuation locations
- In addition, if evacuation is necessary:
  - Complete change of clothes
  - Sturdy shoes/boots
  - Rain gear, hat, gloves
  - Extra socks, underwear
  - Blankets or sleeping bags, pillows

*Adapted from Federal Emergency Management Agency's "Are You Ready?: A Guide to Citizen Preparedness"*

