

Disaster Supplies Kit

In a community disaster, you may need to be able to survive on your own for three days or more. This means having your own water, food, and emergency supplies.

The following checklists will help you assemble disaster supply kits for each member of your family. Use backpacks or duffle bags to keep the supplies together. Your disaster supplies kit should include:

- A two week supply of water (one gallon per person per day). Store water in sealed, unbreakable containers in a cool, dark place and replace the water every six months.
- A two-week supply of non-perishable packaged or canned food. Keep canned foods in a dry place where the temperature is fairly cool. Keep boxed foods stored in tightly closed cans or metal containers. Date each food item and rotate your food supply to preserve freshness.
- A non-electric can opener and non-breakable eating and drinking utensils.
- One complete change of seasonal clothing for each person, sturdy work clothes, sturdy shoes, extra socks, extra underwear, and rain and snow gear.
- Towels, blankets, pillows, and sleeping bags.
- A first aid kit that includes a first aid handbook, adhesive tape, bandages, antibiotic ointments, rubbing alcohol, cotton balls, aspirin or substitute, spare glasses and contact lens needs, hearing-aid batteries, prescribed medications, smelling salts, antibacterial soap, and a thermometer. Keep contents of your first aid kit in a waterproof metal or plastic box.
- A battery-powered radio, flashlight, lantern, and plenty of extra batteries
- Heating source, such as a camp stove or canned heat stove, and extra fuel and matches.
- Credit cards, cash, car keys, birth certificates, Social Security cards, marriage and death records, driver's license, wills, insurance policies, deeds and mortgages, stocks and bonds, savings and checking account books, inventory of household goods, and other valuables.
- Special items for infants, elderly or disabled family members.
- Water purifying tablets, 2% tincture of iodine or household bleach (hypochlorite-type only).
- Paper towels and toilet paper.
- Emergency information, shelter locations, a medical self-help book, and survival books.

It is also a good idea to have an emergency car kit prepared in case disaster strikes while you are in your vehicle. This should include the following items:

- a battery powered radio, flashlight, lantern and extra batteries
- a blanket
- booster cables
- a fire extinguisher
- a first aid kit and manual
- bottled water and non-perishable foodstuffs
- maps
- a shovel
- flares
- a spare tire, jack, and crowbar
- a gasoline can
- a tire repair kit and pump