

## **BASIC DISASTER SUPPLIES KIT**

A basic emergency supply kit could include the following recommended items:

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

Once you have gathered the supplies for a basic emergency kit, you may want to consider adding the following items:

- Prescription medications and glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container. Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular

household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

In any emergency a family member or you yourself may suffer an injury. If you have these basic first aid supplies you are better prepared to help your loved ones when they are hurt.

Knowing how to treat minor injuries can make a difference in an emergency. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

- Two pairs of Latex or other sterile gloves if you are allergic to Latex
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- Non-prescription drugs:
  - Aspirin or non-aspirin pain reliever
  - Anti-diarrhea medication
  - Antacid
  - Laxative

- Other first aid supplies:
  - Scissors
  - Tweezers
  - Tube of petroleum jelly or other lubricant

Remember the unique needs of your family members, including growing children, when making your emergency supply kit and family emergency plan.

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

For Adults:

- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.

## **Additional items to consider:**

### **Cooking Equipment**

- Sterno
- Portable camp stove or grill, and an extra propane tank
- Stove fuel or charcoal, lighter fluid
- Manual can opener
- Disposable eating utensils
- Plates and cups
- Napkins and paper towels
- Aluminum foil
- Oven mitts

### **Documents**

- Photocopies of prescriptions
- Photo identification
- Proof of occupancy of residence (utility bills)
- Medical history and information
- Water and fireproof container for document storage
- Backup disks of your home computer files
- Camera and film
- Pet picture and license documentation

### **Personal Supplies**

- Toilet paper
- Entertainment: books, magazines, card games, etc.
- Soap and detergent
- Toiletries
- Bedding: pillows, blankets, sleeping bag
- Change of clothing
- Rain ponchos and work gloves
- Extra glasses or contact lenses
- Extra sets of keys

### **Other Necessities**

- Tools: hammer, wrenches, screwdrivers, nails, saw
- Trash bags (lots of them)
- Cleaning supplies
- Plastic drop cloth
- Masking or duct tape (for packaging purposes)
- Outdoor extension cords
- Spray paint

## **Pet Supplies**

- Dry or canned food
- Water (1/2 gallon per day)
- Litter box supplies
- Traveling pet carriers

## **MAINTAINING YOUR KIT**

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented or corroded.
- Use foods before they go bad and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family's needs change.

Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack or duffel bag.

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.

## **HOME**

Your disaster supplies kit should contain essential food, water and supplies for at least three days.

Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

Additionally, you may want to consider having supplies for sheltering for up to two weeks.

Get more information on building a disaster supplies kit.

## **WORK**

You need to be prepared to shelter at work for at least 24 hours. Make sure you have food and water and other necessities like medicines in your kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.

Your kit should also be in one container and ready to “grab and go” in case you are evacuated from your workplace.

Get more information on building a workplace disaster supplies kit.

## **VEHICLE**

In case you are stranded, keep a kit of emergency supplies in your car. This kit should include:

- Jumper cables
- Flashlights and extra batteries
- First aid kit and necessary medications in case you are away from home for a prolonged time
- Food items containing protein such as nuts and energy bars; canned fruit and a portable can opener
- Water for each person and pet in your car
- AM/FM radio to listen to traffic reports and emergency messages
- Cat litter or sand for better tire traction
- Shovel
- Ice scraper
- Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes
- Blankets or sleeping bags
- Also consider:
  - A fully-charged cell phone and phone charger
  - Flares or reflective triangle
  - Baby formula and diapers if you have a small child

Be prepared for an emergency by keeping your gas tank full and if you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrives.

## **WATER**

Water is an essential element to survival and a necessary item in an emergency supplies kit. Following a disaster, clean drinking water may not be available. Your regular water source could be cut-off or compromised through contamination. Prepare yourself by building a supply of water that will meet your family's needs during an emergency.

### **HOW MUCH WATER DO I NEED?**

You should store at least one gallon of water per person per day. A normally active person needs at least one gallon of water daily just for drinking however individual needs vary, depending on age, physical condition, activity, diet and climate.

To determine your water needs, take the following into account:

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers and sick people may need more water.
- A medical emergency might require additional water.
- If you live in a warm weather climate more water may be necessary. In very hot temperatures, water needs can double.
- Keep at least a three-day supply of water per person.

### **HOW SHOULD I STORE WATER?**

It is recommended you purchase commercially bottled water, in order to prepare the safest and most reliable emergency water supply. Keep bottled water in its original container and do not open until you need to use it. Observe the expiration or "use by" date. Store in cool, dark place.

### **PREPARING YOUR OWN CONTAINERS OF WATER**

It is recommended you purchase food grade water storage containers from surplus or camping supplies stores to use for water storage.

Before filling with water, thoroughly clean the containers with dishwashing soap and water and rinse completely so there is no residual soap.

If you chose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

## **STORING WATER IN PLASTIC SODA BOTTLES**

Follow these steps for storing water in plastic soda bottles.

Thoroughly clean the bottles with dishwashing soap and water, and rinse completely so there is no residual soap.

Sanitize the bottles by adding a solution of 1 teaspoon of non-scented liquid household chlorine bleach to a quart of water. Mix the sanitizing solution in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented liquid household chlorine bleach to the water. Let the water stand for 30 minutes before using.

A slight chlorine odor should be noticeable in the water, if not, add another dose of bleach and allow the water to stand another 15 minutes.

Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger. Place a date on the outside of the container so you can know when you filled it. Store in cool, dark place.

Water can also be treated with water purification tablets that can be purchased at most sporting goods stores.

Water that has not been commercially bottled should be replaced every six months.

More information on water treatment is available at [RedCross.org](http://RedCross.org).

## **FOOD**

Consider the following things when putting together your emergency food supplies:

- Store at least a three-day supply of non-perishable food.
- Choose foods your family will eat.
- Remember any special dietary needs.
- Avoid foods that will make you thirsty.
- Choose salt-free crackers, whole grain cereals and canned foods with high liquid content.

Following a disaster, there may be power outages that could last for several days. Stock canned foods, dry mixes and other staples that do not require refrigeration, cooking, water or special preparation. Be sure to include a manual can opener and eating utensils.

## **SUGGESTED EMERGENCY FOOD SUPPLIES**

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand.

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

## **FOOD SAFETY IN AN EMERGENCY**

Flood, fire, national disaster or the loss of power from high winds, snow or ice could jeopardize the safety of your food. Knowing what to do before and after an emergency can help you reduce your risk of illness and minimize the amount of food that may be lost due to spoilage.

Power outages can occur at any time of the year and it may take from a few hours to several days for electricity to be restored to residential areas. Without electricity or a cold source, food stored in refrigerators and freezers can become unsafe. Bacteria in food grow rapidly at temperatures between 40 and 140 °F, and if these foods are consumed, people can become very sick. For more information about food safety, visit [www.FoodSafety.gov](http://www.FoodSafety.gov).