

# PREPAREDNESS TIPS – DISASTER SUPPLY KIT

In order to be adequately prepared for a disaster or emergency, you need to have a disaster supply kit ready. In addition, you should have a smaller version of the kit in your car and one at your workplace.

The following items should be included:

## HOME KIT:

### First Aid Supplies

- Scissors
- Antiseptic or hydrogen peroxide
- Assorted sizes of safety pins
- Antacid (for stomach upset)
- Laxatives
- Needle
- Tongue blades (2)
- Latex gloves (2)
- Aspirin or non-aspirin pain reliever
- Rubbing alcohol
- Tweezers
- Moistened towelettes
- Thermometer
- Tube of petroleum jelly or other lubricant
- Cleansing agent/soap
- Sunscreen
- Non-prescription drugs
- Prescription medications
- Anti-diarrhea medication
- Safety razor blade
- Syrup of Ipecac (used to induce vomiting if advised by the Poison Control Center)
- Activated charcoal
- Insect repellent
- Chap Stick

### Clothing and Bedding

#### Have at least the following for each person:

- One complete change of clothing
- Hat and gloves
- Rain gear
- Sunglasses
- Sturdy shoes or work boots
- Thermal underwear
- Blankets or sleeping bags, pillows
- Inflatable air mattress in case of evacuation

## Emergency Supplies

- Copy of family emergency preparedness plan
- Map of area
- Extra house and car keys
- Cash (small bills), travelers checks
- Walkie-talkies
- Battery-operated radio, TV
- Hand-crank radio
- Hand-crank flashlight
- Shutoff wrench to turn off household gas, water
- Pliers
- Hammer
- Screwdriver
- Nails
- Compass
- Signal flare
- Whistle
- Fluorescent distress flag
- Flashlights with extra bulbs
- Battery-operated lamp or lantern
- Snake-like flashlight you can wear around your neck  
as you walk from room to room
- Extra batteries
- Fire extinguishers – small canister type
- Non-electric can opener and utility knife
- Paper, pencil, pen
- Felt-tip marking pen
- Aluminum foil
- Plastic sheeting
- Tarps
- Goggles
- Tape – duct, masking, reflective
- Staple gun
- Plastic storage containers
- Mess kits or paper plates and cups and disposable utensils
- Paper towels
- Wet napkins individually packed and/or liquid hand sanitizer
- Mirror
- Matches in a waterproof container
- Small roll-up tent
- Garbage bags
- Ziploc bags to waterproof papers and other items
- Water filter pitcher
- Medicine dropper
- Needles, thread
- Plastic bucket with tight lid
- Kitty litter
- Disinfectant

- ❑ Plastic garbage bags (for personal sanitation)
- ❑ Soap, liquid detergent
- ❑ Household chlorine bleach
- ❑ Iodine tincture or water tablets
- ❑ Inventory of all supplies
- ❑ Large covered trash container or suitcase or large wheeled cooler or backpacks to hold all your supplies
- ❑ Rope or cord
- ❑ Heavy-duty extension cords
- ❑ Inverter
- ❑ Silicon glue and sealer
- ❑ Generator
- ❑ Cleaning supplies
  - Mop
  - Brook
  - Bucket
  - Detergents
  - Bleach for cleaning
  - Swiffer-type cleaning pads and solution – good if you have no water
- ❑ Rakes and shovels
- ❑ Coolers to hold supplies
- ❑ Jug cooler with spout on side
- ❑ Thermos
- ❑ Maps of area
- ❑ Surge suppressors
- ❑ Camera/video camera and film

## **Personal Items**

- ❑ Personal hygiene items
- ❑ Toothbrushes and toothpaste
- ❑ Feminine hygiene supplies
- ❑ Extra eyeglasses/contact lenses
- ❑ Extra hearing aid or hearing aid batteries
- ❑ Waterless shampoo
- ❑ Soap
- ❑ Denture needs
- ❑ Battery-operated personal fans/misting fans
- ❑ Copy of phone/address book
- ❑ Back-up equipment for seniors and disabled

## **Water**

- ❑ Drinking water (one gallon per person per day)
- ❑ Minimum three-day supply of water
- ❑ Plastic containers to store water such as soft drink bottles – no milk bottles or glass bottles

## **Food**

- ❑ Minimum three-day supply of non-perishable food
- ❑ Food that needs no refrigeration, cooking and little or no water
  - Ready-to-eat canned meats, fruits and vegetables
  - Staples like sugar, salt and pepper
  - High-energy foods like peanut butter, jelly, crackers,
  - granola bars, trail mix
  - Vitamins
  - Canned juices, soup, milk
  - Comfort/stress foods such as cookies, hard candy, sweetened cereals, lollipops, instant coffee, etc.
  - Canned puddings
  - Bouillon cubes
  - Bread
  - Chips
  - Cheese food
  - Dried foods
  - Tuna in no-drain packs

## **Cooking Equipment**

- ❑ Barbeque grill
- ❑ Extra propane tank or coals for grill
- ❑ Sterno stove
- ❑ Manual can opener
- ❑ Bottle opener

## **Baby Items**

- ❑ Formula
- ❑ Diapers
- ❑ Medications
- ❑ Disposable bottles and liners
- ❑ Toys
- ❑ Powdered milk
- ❑ Blankets

## **Entertainment Items**

- ❑ Books
- ❑ Coloring books and crayons
- ❑ Cassette player
- ❑ Batteries
- ❑ Tapes
- ❑ Crossword and find-a-word books

## **Pets**

- Pet food
- Crate/carrier
- Vaccination history
- Vet Information
- Food and water bowls
- Leash and collar
- Medications
- Photograph
- List of possible shelters

## **Important Papers –Copies are acceptable since the originals may be in a safe deposit box or another safe place**

- Copy of birth certificates
- Copy of credit cards
- Copy of social security cards
- Copy of health insurance card
- Copy of employee benefit information
- Copy of auto insurance card
- Copy of important contracts
- Copy of mortgage documents
- Copy of military papers
- Letter of instruction in case of death
- Copy of all documents in your wallet or purse
- Funeral and burial plans
- Copy of will and trusts
- Copy of death certificates
- Copy of adoption and citizenship papers
- Copy of passport, visas
- Copy of divorce decree
- Copy of marriage certificate
- Copy of deeds
- Copy of important medical records
- Copy of school transcripts and diplomas
- Copy of vehicle title and ownership papers
- Cherished family items
- Scrapbooks
- Computer back-up tapes
- Copy of important guarantees, warranties and sales receipts
- Bank information
- Location of spare keys
- Inventory of belongings in writing as well as copy of photo inventory and videotaped inventory