

Disaster Supplies Kit

Once disaster hits, you will not have time to shop or search for supplies. But if you gathered supplies in advance, your family can endure an evacuation or home confinement.

Review the checklist below. Gather the supplies that are listed. You may need them if your family is confined at home.

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

Prepare a Disaster Supplies Kit

Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container, such as a backpack or duffel bag, and place them in an easily-accessible location.

Include:

A supply of water (one gallon per person per day). (Store water in sealed, unbreakable containers. Identify the storage date and replace every six months. 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. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.)

A supply of non-perishable package or canned food and a non-electric can opener. (Store at least a three-day supply of non-perishable food—ready-to-eat canned meats, fruits, and vegetables. 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 lightweight.)

Change of clothing, rain gear, and sturdy shoes

Blankets or sleeping bags

First aid kit

Prescription medications

Extra pair of glasses

Battery-powered radio, flashlight, and plenty of extra batteries

Credit cards and cash

Extra set of car keys

List of family physicians

List of important family information; the style and serial number of medical devices, such as pacemakers

Store back-up equipment, such as a manual wheelchair, at a neighbor's home, school or your workplace

Extra wheelchair batteries, oxygen, medication, catheters, food for guide or service dogs, or other special equipment you might need.

Special items for infants, elderly, or disabled family members

For Baby

Formula

Diapers

Bottles

Powdered milk

Medications

For Adults

Prescription drugs, including any heart and high blood pressure medication, insulin, or other life sustaining medication

Denture needs

Contact lenses and supplies

Extra eye glasses

Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

Sturdy shoes or work boots

Rain gear

Blankets or sleeping bags

Hat and gloves

Thermal underwear

Sunglasses

Special items

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)

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

Manual can opener, utility knife

Fire extinguisher: small canister A-B-C type

Tent

Pliers

Tape

Compass

Matches in a waterproof container

Aluminum foil

Plastic storage containers

Signal flare

Paper, pencil

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 uses)

Plastic bucket with tight lid

Disinfectant

Household chlorine bleach