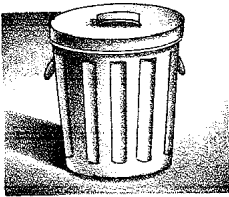
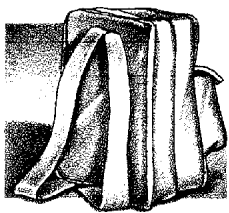


## SUPPLIES

**T** here are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container—suggested items are marked with an asterisk (\*). Possible containers include



a large, covered trash container,



camping backpack,



or a duffle bag.

## Water

Store water in plastic containers such as soft drink bottles. 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.

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation)\*
- Keep at least a three-day supply of water for each person in your household.



## Food

Store at least a three-day supply of non-perishable food. 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.

\*Include a selection of the following foods in your Disaster Supplies Kit:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples — sugar, salt, pepper
- High energy foods — peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods — cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags



## First Aid Kit

Assemble a first aid kit for your home and one for each car. A first aid kit\* should include:

- Sterile adhesive bandages in assorted sizes
  - 2-inch sterile gauze pads (4-6)
  - 4-inch sterile gauze pads (4-6)
  - Hypoallergenic adhesive tape
  - Triangular bandages (3)
  - 2-inch sterile roller bandages (3 rolls)
  - 3-inch sterile roller bandages (3 rolls)
  - Scissors
  - Tweezers
  - Needle
  - Moistened towelettes
  - Antiseptic
  - Thermometer
  - Tongue blades (2)
  - Tube of petroleum jelly or other lubricant
  - Assorted sizes of safety pins
  - Cleansing agent/soap
  - Latex gloves (2 pair)
  - Sunscreen
- Non-prescription drugs
- Aspirin or nonaspirin pain reliever
  - Anti-diarrhea medication
  - Antacid (for stomach upset)
  - Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
  - Laxative
  - Activated charcoal (use if advised by the Poison Control Center)

Contact your local American Red Cross chapter to obtain a basic first aid manual.

## Tools and Supplies

- |   |  |
|---|--|
| <input type="checkbox"/> Mess kits, or paper cups, plates and plastic utensils* | <input type="checkbox"/> Needles, thread   |
| <input type="checkbox"/> Emergency preparedness manual*                         | <input type="checkbox"/> Medicine dropper  |
| <input type="checkbox"/> Battery operated radio and extra batteries*            | <input type="checkbox"/> Shut-off wrench, to turn off household gas and water      |
| <input type="checkbox"/> Flashlight and extra batteries*                        | <input type="checkbox"/> Whistle   |
| <input type="checkbox"/> Cash or traveler's checks, change*                     | <input type="checkbox"/> Plastic sheeting  |
| <input type="checkbox"/> Non-electric can opener, utility knife*                | <input type="checkbox"/> Map of the area (for locating shelters)                   |
| <input type="checkbox"/> Fire extinguisher: small canister, ABC type            |  |
| <input type="checkbox"/> Tube tent  | <b>Sanitation</b>  |
| <input type="checkbox"/> Pliers   | <input type="checkbox"/> Toilet paper, towelettes*                                 |
| <input type="checkbox"/> Tape   | <input type="checkbox"/> Soap, liquid detergent*                                   |
| <input type="checkbox"/> Compass  | <input type="checkbox"/> Feminine supplies*  |
| <input type="checkbox"/> Matches in a waterproof container                      | <input type="checkbox"/> Personal hygiene items*                                   |
| <input type="checkbox"/> Aluminum foil  | <input type="checkbox"/> Plastic garbage bags, ties (for personal sanitation uses) |
| <input type="checkbox"/> Plastic storage containers                             | <input type="checkbox"/> Plastic bucket with tight lid                             |
| <input type="checkbox"/> Signal flare   | <input type="checkbox"/> Disinfectant  |
| <input type="checkbox"/> Paper, pencil  | <input type="checkbox"/> Household chlorine bleach                                 |

## Clothing and Bedding

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

- |  |  |
|--|--|
| <input type="checkbox"/> Sturdy shoes or work boots* | <input type="checkbox"/> Hat and gloves    |
| <input type="checkbox"/> Rain gear*                  | <input type="checkbox"/> Thermal underwear |
| <input type="checkbox"/> Blankets or sleeping bags*  | <input type="checkbox"/> Sunglasses        |

## Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

### For Baby\*

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

### For Adults\*

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

- 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)

## SUGGESTIONS AND REMINDERS

- Store your kit in a convenient place known to all family members. Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.



- Keep items in air tight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Rotate your stored food every six months.
- Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.

