

Building Your Family's Disaster Supplies Kit

Use this checklist to help you build your family's disaster supplies kit. This document will take you through the **SIX BASICS** you should stock for your home to use if disaster strikes.



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 also will need more.

- Store one gallon of water per person per day (two quarts for drinking, two quarts for 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.

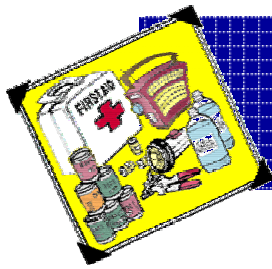
- Ready-to-eat canned meats, fruits and vegetables*
- Canned juices, milk, soup (if powdered, store extra water)*
- Staples—sugar, salt, pepper*
- High energy foods—peanut butter, jelly, crackers, granola bars, trail mix*
- Vitamins*
- Foods for infants, elderly persons or persons on special diets*
-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



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.
- ☀ Change your stored water supply every six months so it stays fresh. Rotate stored food every six months.
- ☀ Supplies marked with an asterisk (*) on pages 1 through 4 of this document are those items that you will most likely need for an evacuation. Place these supplies in an easy-to-carry container.





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FIRST AID KIT

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



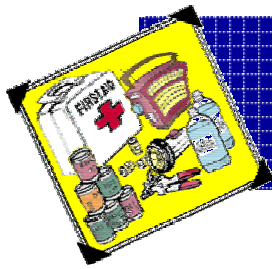
NON-PRESCRIPTION DRUGS

- 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)

SUGGESTIONS AND REMINDERS

- ☼ Assemble a first aid kit for your home and one for your car.
- ☼ Keep items in air tight plastic bags





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Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils*
- Emergency preparedness manual*
- Battery operated radio and extra batteries*
- Cash or traveler's checks, change*
- Non-electric can opener, utility knife*
- Fire extinguisher: small canister, ABC type
- Tube 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

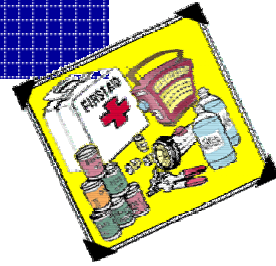


SUGGESTIONS AND REMINDERS

☀ Re-think your kit and family needs at least once a year. Replace batteries, update clothing, etc.



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STEP BY STEP—HOW TO CREATE A DISASTER PLAN

STEP 1: GETTING STARTED

Contact your local emergency management or civil defense office and your local American Red Cross chapter

- Find out which disasters are most likely to happen in your community.
- Ask how you would be warned.
- Find out how to prepare for each.

STEP 2: MEET WITH YOUR FAMILY

- Discuss the types of disasters that could occur.
- Explain how to prepare and respond.
- Discuss what to do if advised to evacuate.
- Practice what you have discussed.

STEP 3: PLAN HOW YOUR FAMILY WILL STAY IN TOUCH IF SEPARATED BY DISASTER

- Pick two (2) meeting places:
 - a location located a safe distance from your home in case of fire
 - a place outside your neighborhood in case you cannot return home
- Choose an **out-of-state** friend as a “check-in-contact” for everyone to call.

STEP 4: COMPLETE THESE STEPS

- Post emergency telephone numbers by every phone.
- Show responsible family members how and when to shut off water, gas and electricity at main switches.
- Install a smoke detector on each level of your home, especially near bedrooms; test monthly and change the batteries twice a year.
- Contact your local fire department to learn about home fire hazards.
- Learn first aid and CPR. Contact your local American Red Cross chapter for information and training.

REMEMBER TO PRACTICE AND MAINTAIN YOUR PLAN

