



## Family Disaster Supplies Kit

These contents can be assembled over a five month period on a weekly basis and perishable items should be changed or replaced every six months.

Be sure to make your **Family Disaster Emergency Plan!**

### Essentials:

- Battery-operated radio
- Flashlight
- Extra batteries
- Do not include candles, which cause more fires after a disaster than anything else

### Water:

- 3 gallons/person, minimum, in a food-grade, plastic container
- Additional water for sanitation

### Food:

Minimum 3-day supply of non-perishable food that requires no refrigeration or preparation and little or no water.

- Dry cereal
- Canned fruits
- Canned juice
- Ready-to-eat soups (not concentrated)
- Peanut butter
- Canned vegetables
- Ready-to-eat canned meats
- Quick energy snacks, graham crackers

### First Aid Kit:

(one for your home and one for each car)

- Scissors
- Thermometer
- Needle
- Latex gloves (2 pairs)
- Moistened towelettes
- 2" sterile gauze pads (4-6)
- 2" sterile roller bandages (3 rolls)
- Triangular bandages (3)
- Tube of petroleum jelly or other lubricant
- Sterile adhesive bandages in assorted sizes
- Sun screen
- Tweezers
- Cleansing agent/soap
- Tongue blades (2)
- Assorted sizes of safety pins
- 4" sterile gauze pads (4-6)
- 3" sterile roller bandages (3 rolls)

### Non-Prescription Drugs:

- Laxative
- Aspirin or non-aspirin pain reliever
- Activated Charcoal (use if advised by the Poison Control Center)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Anti-diarrhea medication
- Antacid (for stomach upset)

### Tools and Supplies:

- Whistle
- Crowbar
- Paper, pencil
- Medicine dropper
- Signal flare
- Assorted nails, wood screws
- Plastic storage containers
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Aluminum foil
- Compass
- Plastic sheeting
- Needles, thread
- Matches in a waterproof container
- Pliers, screwdriver, hammer
- Heavy cotton or hemp rope
- Map of the area (for locating shelters)

### Tools and Supplies (cont'd):

- Mess kits, or paper cups, plates and plastic utensils
- Tape, duct and plumber's tape or strap iron
- Patch kit and can of seal-in-air for tires
- Shut-off wrench, to turn off household gas and water

### Sanitation:

- Disinfectant
- Soap, liquid detergent
- Feminine supplies
- Toilet paper, towelettes, paper towels
- Plastic garbage bags, ties (for personal sanitation uses)
- Household chlorine bleach
- Personal hygiene items
- Plastic bucket with tight lid

### Clothing and Bedding:

- Sunglasses
- Hat and gloves
- Blankets or sleeping bags
- One complete change of clothing and footwear per person
- Rain gear
- Sturdy shoes or work boots
- Thermal underwear

### For Baby:

- Formula
- Bottles
- Powdered milk
- Diapers
- Medication

### For Pets:

- Food
- Records of vaccinations
- Leash, harness or carrier
- Non-tippable food and water containers

### Important Family Documents:

- Important telephone numbers
- Record of bank account numbers
- Family records (birth, marriage, death certificates)
- Inventory of valuable household goods
- Copy of will, insurance policies, contracts, deeds, stocks and bonds
- Record of credit card account numbers and companies
- Copy of passports, social security cards, immunization records

### Family Medical Needs:

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

### Entertainment:

- Games and books