

Help protect your family against potential weather disasters & emergency situations by compiling an emergency supply kit. The kit can be assembled over a five-month period on a weekly basis. Perishable items should be changed or replaced every six months.

ESSENTIALS

Battery-operated radio

Flashlight

Extra batteries

Do not include candles, which cause more fires after a disaster than anything else

WATER

3 gallons per 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 & little or no water)

Dry cereal

Canned juice

Peanut butter

Ready-to-eat canned meats

Canned fruits

Ready-to-eat soups (not concentrated)

Canned vegetables

Quick energy snacks, graham crackers

FIRST AID KIT (Create one for your home & one for each car)

Scissors

Assorted sizes of safety pins

Thermometer

2" sterile gauze pads (4-6)

Tweezers

4" sterile gauze pads (4-6)

Needle

2" sterile roller bandages (3 rolls)

Sunscreen

3" sterile roller bandages (3 rolls)

Cleansing agent/soap

Triangular bandages (3)

Latex gloves (2 pair)

Petroleum jelly or other lubricant

Tongue blades (2)

Sterile adhesive bandages in assorted sizes

Moistened towelettes

NON PRESCRIPTION DRUGS

Laxative

Anti-diarrhea medication

Aspirin or non-aspirin pain reliever

Antacid (for stomach upset)

Activated charcoal (use if advised by the Poison Control Center)

Syrup of ipecac (use to induce vomiting if advised by the Poison Control Center)

TOOLS & SUPPLIES

Whistle
Shut-off wrench to turn off household gas & water
Crowbar
Aluminum foil
Paper, pencil
Plastic sheeting
Medicine dropper
Compass
Needles - thread
Matches in a waterproof container
Signal flare
Pliers, screwdriver, hammer
Assorted nails, wood screws
Heavy cotton or hemp rope
Plastic storage containers
Non-electric can opener, utility knife
Cash or traveler's checks, change
Mess kits, or paper cups, plates & plastic utensils
Tape, duct & plumber's tape or strap iron
Map of the area (for locating shelters)
Patch kit & can of seal-in-air for tires

SANITATION

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

CLOTHING & BEDDING

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

FOR BABY

Formula
Bottles
Powdered milk
Diapers
Medication

FOR PETS

Food
Leash, harness or carrier
Records of vaccinations
Non-tippable food & 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, & bonds

Record of credit card account numbers & companies

Copy of passports, social security cards, immunization records

FAMILY MEDICAL NEEDS

Insulin

Prescription drugs

Denture needs

Extra eye glasses

Contact lenses & supplies

Heart and high blood pressure medication

ENTERTAINMENT

Games and books