Disaster Preparedness Kit Supply List 2017

There 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, such as a large, covered trash container, a backpack or a duffle bag.

Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will break or decompose, 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.

- Store one gallon of water per person per day
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation)
- Children, nursing mothers and ill people will need more.

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 — salt, sugar, pepper
- High energy foods — peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for infants, elderly persons, or those with 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
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)

Non-Prescription Drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid for stomach upset
- Syrup of ipecac (use induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)
- 3-inch sterile roller bandages (3 rolls)
• Scissors
• Tweezers
• Needle
• Moistened towelettes
• Antiseptic
• Thermometer
• Tongue blades (2)
• Tube of petroleum jelly or other lubricant

Tools & 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
• 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 nearby shelters)

Sanitation Supplies
• Toilet paper, towelettes
• Soap, liquid detergent
• Personal hygiene items
• Plastic garbage bags, ties
• Plastic bucket with tight lid
• Disinfectant
• Household chlorine bleach

Clothing & 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
Remember family members with special requirements, 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)