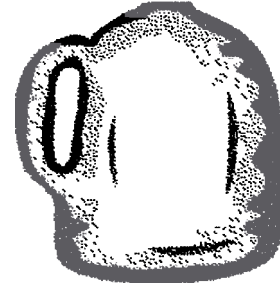


# PREPARE A. DISASTER SUPPLIES KIT

There are six basics you should stock in your home: water, food, first aid, clothing and bedding, tools, and emergency supplies and special items. Keep the items you will most likely need during an evacuation in an easy-to-carry container such as a large, covered trash container, camping backpack or duffle bag. Keep a smaller version of the disaster supplies kit in the trunk of your car.

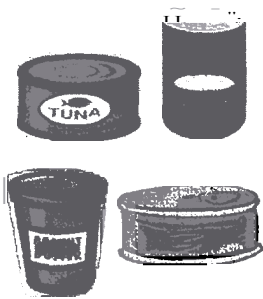


## Water

- Store one gallon of water per person per day
- Replace supply every six months

## Food

Store at least a three day supply of non-perishable food for each person. Select foods that require no refrigeration, cooking or preparation. Select food items that are compact and lightweight and rotate the food supply every six months.



- Ready to eat canned meats, fruits and vegetables
- Soups--bouillon cubes or dried soups in a cup
- Milk--powdered or canned
- Stress foods-sugar cookies, hard candy
- Staples -sugar, salt, pepper
- juices --canned, powdered or crystallized
- Smoked or dried meats such as beef jerky
- Vitamins
- High energy foods--peanut butter, nuts, trail mix, etc.

## How to store water ...

Store your water in thoroughly washed plastic, fiberglass or enamel-lined metal containers. Never use a container that has held toxic substances. Plastic containers, such as soft drink bottles, are the best. You can also purchase food-grade plastic buckets or drums.

Seal water containers tightly, label them and store in a cool, dark place.

## Non-Prescription medications

- Aspirin or non-aspirin pain reliever
- Antacid
- Laxative
- Rubbing Alcohol
- Activated charcoal
- Anti-diarrhea medication
- Emetic (to induce vomiting)
- Eye wash
- Antiseptic or hydrogen peroxide

## First Aid Kit

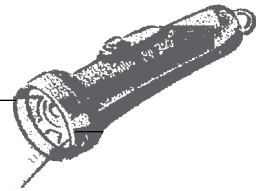
You should have two first aid kits - one for your home and the other for your car. The kit should include:

- |  |   |
|--|---|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes       | <input type="checkbox"/> Bar of soap                                |
| <input type="checkbox"/> 3-inch sterile gauze pads (8-12)                  | <input type="checkbox"/> Moistened towelettes; (8- 10 packages)     |
| <input type="checkbox"/> Triangular bandages (3)                           | <input type="checkbox"/> Antiseptic spray                           |
| <input type="checkbox"/> 2-inch sterile gauze pads (8-12)                  | <input type="checkbox"/> Non-breakable thermometer                  |
| <input type="checkbox"/> Hypoallergenic adhesive tape                      | <input type="checkbox"/> Tongue blades and wooden applicator sticks |
| <input type="checkbox"/> 2 & 3-inch sterile roller bandages (3 rolls each) | <input type="checkbox"/> Tube of petroleum jelly or other lubricant |
| <input type="checkbox"/> Scissors  | <input type="checkbox"/> Assorted sizes of safety pins              |
| <input type="checkbox"/> Tweezers  | <input type="checkbox"/> Cleansing agent - soap                     |
| <input type="checkbox"/> Needle  | <input type="checkbox"/> Latex gloves                               |
| <input type="checkbox"/> Safety razor blade                                |   |



## Tools and Supplies

- |  |   |
|--|---|
| <input type="checkbox"/> Mess kits, or paper cups, plates and plastic utensils | <input type="checkbox"/> Plastic sheeting                       |
| <input type="checkbox"/> Battery operated radio and extra batteries            | <input type="checkbox"/> Family emergency -- preparedness plan  |
| <input type="checkbox"/> Cash or traveler's checks, change                     | <input type="checkbox"/> Flashlight and extra batteries         |
| <input type="checkbox"/> Fire extinguisher, small canister, ABC type           | <input type="checkbox"/> Non-electric can opener, utility knife |
| <input type="checkbox"/> Pliers <span style="margin-left: 20px;">4 -A</span>   | <input type="checkbox"/> Tube tent                              |
| <input type="checkbox"/> Compass <span style="margin-left: 20px;">I V</span>   | <input type="checkbox"/> Tape                                   |
| <input type="checkbox"/> Aluminum foil   | <input type="checkbox"/> Matches in a waterproof container      |
| <input type="checkbox"/> Signal flare  | <input type="checkbox"/> Plastic storage containers             |
| <input type="checkbox"/> Needles, thread                                       | <input type="checkbox"/> Paper, pencil                          |
| <input type="checkbox"/> Shut-off wrench for gas and water                     | <input type="checkbox"/> Medicine dropper                       |
|  | <input type="checkbox"/> Dust mask and work gloves              |



## Sanitation

- |  |   |
|--|---|
| <input type="checkbox"/> Toilet paper, towelettes      | <input type="checkbox"/> Soap, liquid detergent                 |
| <input type="checkbox"/> Feminine supplies             | <input type="checkbox"/> Personal hygiene items                 |
| <input type="checkbox"/> Plastic garbage bags, ties    | <input type="checkbox"/> Small shovel, to dig expedient latrine |
| <input type="checkbox"/> Plastic bucket with tight lid | <input type="checkbox"/> Disinfectant                           |
| <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"/> Rain gear      |
| <input type="checkbox"/> Blankets or sleeping bags  | <input type="checkbox"/> Hat and gloves |
| <input type="checkbox"/> Thermal underwear          | <input type="checkbox"/> Sunglasses     |

## Special Items

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

### for Baby

- |                                  |  |
|----------------------------------|--|
| <input type="checkbox"/> Formula | <input type="checkbox"/> Powdered milk |
| <input type="checkbox"/> Diapers | <input type="checkbox"/> Medications   |
| <input type="checkbox"/> Bottles |  |

### for Adults

- |  |   |
|--|---|
| <input type="checkbox"/> Heart and high blood pressure medications | <input type="checkbox"/> Contact lenses and supplies                          |
| <input type="checkbox"/> Insulin                                   | <input type="checkbox"/> Extra eye glasses                                    |
| <input type="checkbox"/> Prescription drugs                        | <input type="checkbox"/> Entertainment - games for children; books for adults |
| <input type="checkbox"/> Denture needs                             |   |

Important Family Documents-Keep these records in a waterproof, portable container.

- |  |   |
|--|---|
| <input type="checkbox"/> Will, insurance policies, contract, deeds, stocks and bonds | <input type="checkbox"/> Inventory of valuable household goods,               |
| <input type="checkbox"/> Bank account numbers  | <input type="checkbox"/> Important telephone numbers                          |
| <input type="checkbox"/> Passports, social security cards,                           | <input type="checkbox"/> Family records (birth, marriage, death certificates) |
| <input type="checkbox"/> Immunization records  |   |
| <input type="checkbox"/> Credit card account numbers and companies                   |   |

