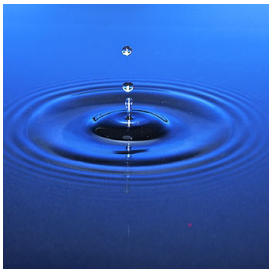
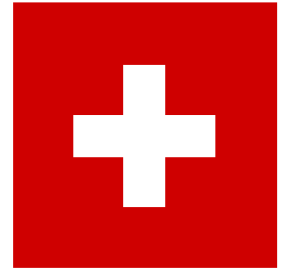




Prepare a Disaster Supplies Kit

There are six basics you should have in your home in case of any emergency. They are water, food, a first aid kit, clothing and bedding, tools and supplies, and special items. Items you would need in case of an evacuation should be kept in an easy-to-carry container such as a large covered trash container, a backpack or a duffel bag. You should also keep a smaller version of a disaster supply kit in your car. Below are listed some of the items you may want to consider including from each of the basic categories.



Water

Store one gallon of water per person per day.

- Have a 3-day supply. *(replace supply every six months)*

Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots
- Blankets and/or sleeping bags
- Thermal underwear
- Sunglasses
- Rain gear
- Hats & gloves

Keep a smaller version of a disaster supply kit in your car



Special Items

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

For Children—

- Baby formula/food
- Diapers
- Bottles
- Powdered milk
- Medications
- Games/Activities

For Adults—

- Prescription drugs
- Heart and high blood pressure medications
- Insulin
- Denture needs
- Contact lenses & supplies
- Extra eye glasses
- Playing cards & books

Food

Store at least a 3-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 & vegetables
- Soups, bouillon cubes or dried soups
- Milk - powdered boxed or canned requiring no refrigeration
- Baby formula/food
- Sugar cookies
- Hard candy
- Sugar
- Salt
- Pepper
- Juices - canned, boxed, powdered or crystallized
- Smoked or dried meats such as beef jerky
- Vitamins
- High energy foods - peanut butter, nuts, trail mix

Tools and Supplies

- Mess kits or paper cups, plates, plastic utensils
- Battery or gyro operated radio & extra batteries
- Small fire extinguisher
- Flashlight & extra batteries
- Paper & pencil/pen
- Non-electric can opener
- Utility knife
- Tent
- Plastic sheeting
- Duct tape
- Pliers
- Compass
- Signal flare
- Needles & thread
- Aluminum foil
- Matches
- Shut off wrench for gas & water
- Work gloves
- Plastic storage containers
- Medicine dropper
- Cash or travelers checks & change
- Dust mask *(for dust/debris)*
- Toilet paper
- Personal hygiene items
- Feminine supplies
- Disinfectant
- Plastic garbage bags & ties
- Soap
- Household chlorine bleach
- Small shovel *(to dig toilet, etc.)*
- Plastic bucket with tight lid *(indoor toilet)*

First Aid Kit

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

- Sterile adhesive bandages - assorted sizes
- Gauze pads (2 & 3-inch)
- Triangular bandages
- Hypoallergenic adhesive tape
- Sterile roller bandages (2 & 3-inch)
- Scissors
- Tweezers
- Needle
- Safety razor blade
- Safety pins *(assorted sizes)*
- Bar of soap
- Moist towelettes
- Non-breakable thermometer
- Antiseptic spray
- Latex gloves
- Petroleum jelly or other lubricant
- Tongue blades & wooden applicator sticks
- Aspirin and non-aspirin pain reliever
- Antacid
- Laxative
- Eye wash
- Rubbing alcohol
- Antiseptic or hydrogen peroxide
- Anti-diarrhea medication
- Emetic *(to induce vomiting)*