

Suggested Emergency Supplies

Attach to the bed:

- Flashlights (one for each person)
- Emergency radio
- Sturdy shoes & clothes
- Work gloves for each person

Emergency water for 10 days: change each 6 months

A minimum of ONE gallon per person per day (TWO gallons are preferable) stored in food grade water containers. Additional for pets.

Emergency food: Rotate each 6 months

- Manual can opener
- Canned tuna and meats (label with date & rotate annually)
- Canned fruits & vegetables
- Drinks & juices
- High energy foods: peanut butter, jelly, crackers, granola bar, trail mix
- Candy, nuts, & raisins
- Soups
- Staples: sugar, salt & pepper
- If you have a camping stove, freeze dried foods. (You will need to store extra water for these.)
- Comfort/stress food: cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

First Aid Kit:

Sterile adhesive bandages in assorted sizes, 2 inch sterile roller bandages (3), 2 inch sterile roller bandages (3), 4 inch sterile gauze pads (4-6), 4 inch sterile gauze pads (4-6), scissors, tweezers, needle (thread), hypoallergenic adhesive tape, triangular bandages (3), antibiotic cream, Q-tips, cotton balls, latex gloves (2), thermometer, tongue blades (2), assorted sizes of safety pins, sunscreen, medicine dropper

A two week supply of your prescription medications (rotate these annually)

Non-prescriptive items such as aspirin or non aspirin pain reliever, acetaminophen, antacids, anti-diarrhea medicine, laxatives, antacid (for stomach upset) vitamins, tube of petroleum jelly or other lubricant, syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center), activated charcoal (use to induce vomiting if advised by the Poison Control Center)

Fire Extinguishers (ABC types only):

One on each floor of your house and a smaller one in each car

Lights (you cannot have too many):

Flashlights, light sticks, camping lanterns with extra bulbs & batteries, emergency plug in lights that go on when there is a power outage
Put a note on your calendar to check the batteries every 6 months.
Candle and matches (in a plastic container)

Cooking Equipment:

Camping stoves with propane tanks, (never use charcoal indoors)
Plastic knives, knives, forks, spoons, paper plates and cups, heavy duty aluminum foil, cooking pots,

Sanitation Supplies:

Plastic toilet seat
Hand sanitizer wipes or gel, moistened towelettes,
Toilet paper, paper towels, feminine supplies, personal hygiene items
Anti-bacterial soap (like Dial), liquid detergent
Household chlorine bleach & eye dropper for purifying water
Plastic garbage bags, ties (for personal sanitation uses)
Plastic bucket with tight lid
Disinfectant, shampoo, tooth brush, toothpaste and comb, razor blades
Kitty litter

Clothing and bedding:

Waterproof tarps, tent, sleeping bags or blankets, towels
Rain gear
Hat & gloves, thermal underwear
Sunglasses
Change of clothing

Tools and supplies:

Plastic sheeting (comes in rolls) to cover broken windows & plastic tape,
staple gun, Duct tape
Adjustable wrench for turning off gas
Misc tools: axe, shovel, broom, screwdrivers, hammer, pliers, masks,
goggles
Coil of ½" rope
Garden hose for siphoning and firefighting
Compass
Signal flare

Special Items:

Roll of quarters for pay phones
\$200-\$300 on cash (banks may be closed for days)
Extra eye glasses & hearing aid batteries
Extra pair of house and car keys
Communication kit: paper, pens, stamps
Bicycle
City map

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 & companies

Inventory of valuable household goods, important telephone numbers

Family records (birth, marriage, death certificates)

Essentials for baby

Entertainment

Games and books

Supplies for Pets:

Water – 8 ounces/animal pound/day

Food – enough to last a week

Extra leash

Car/Work Mini-Survival Kit:

Snack food

Water

- Small first aid kit with essential medications
- Mylar space blanket
- Flashlight with extra batteries and light sticks
- Battery operated AM/FM radio
- Comfortable shoes
- Zipper bags and toilet paper
- Heavy work gloves
- Pocket knife
- Note paper and pencil or pen

Storage suggestions:

Store your supplies with care. They will do you little good if you cannot get to them or they are destroyed or damaged during the disaster. One method of storage is to place supplies in a large, covered trash container or plastic trunk with wheels that can be stored outside in a cool, sheltered location. Put contents inside moisture proof bags before placing them in the container. Lock the container with one (or two) combination locks. (You don't want to have to look for a key after a disaster.)

Rethink your kit at least once a year and replace if necessary.