

# Make a Disaster Kit

Having a disaster kit ready to take with you at a moment's notice ensures that you will have necessary supplies no matter how fast you may need to evacuate. Pack supplies in duffle bags or backpacks and keep them in a designated place. Your kit will also come in handy if you must take shelter in your home. This list will help ensure that your disaster supply kit includes all the essentials.

## WATER

- Pack at least one gallon of water per person per day for at least three days.
- Store water in tightly sealed, nonbreakable plastic, fiberglass or enamel-lined metal containers.
- Change your water supply every six months.

## FOOD

- Pack enough food to last each family member at least three days.
- Include canned and boxed foods because they require little preparation and stay good for long periods of time. Remember to bring a manual can opener or to buy food in self-opening cans.
- Pack foods in sealed metal or plastic containers.
- Replace foods every six months.
- Include foods for infants and family members with special dietary needs.

## TOOLS & EQUIPMENT

- Battery powered radio
- Flashlights
- Spare batteries
- Re-sealable plastic bags
- Washcloths & towels
- Paper cups, plates & utensils
- Toothbrushes, toothpaste, shampoo, deodorant and other toiletries including feminine products.
- Heavy duty plastic garbage bags
- Change of clothing and an extra pair of shoes for each person
- Blankets or a sleeping bag for each person
- First aid kit

## PERSONAL ITEMS

- Personal identification with photos
- Copies of birth & marriage certificates, inventory of household goods, bank account numbers & other important documents
- Maps
- Extra car & house keys
- Prescription medication

## First Aid Kit Essentials

- Adhesive bandages
- Antacid
- Antibiotic ointment
- Anti-diarrhea medication
- Antiseptic
- Aspirin & non-aspirin pain reliever
- Cleansing agents (isopropyl alcohol, hydrogen peroxide, soap, germicide)
- Cotton balls
- First aid manual
- Gauze pads & roll
- Latex or non latex gloves
- Laxative
- Moist towelettes
- Needle & safety pins
- Petroleum jelly
- Scissors
- Sunscreen
- Thermometer
- Tongue depressors
- Triangular bandages
- Tweezers