

Emergency Supply Kit

- **Food:**

Store at least a three-day supply (but better to store up to a two week supply in case of quarantine or social distancing) 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 (canned cooking fuel, used for camping and catering). Select food items that are compact and lightweight. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.

*Include a selection of the following foods in your Disaster Supplies Kit:

Note: Be sure to include a manual can opener.

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples: sugar, salt, pepper
- High energy foods: peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons with special dietary needs
- 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
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Ace bandages (for wrapping, 2 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic (rubbing alcohol, hydrogen peroxide and anti-bacterial cream)
- Thermometer (adult and infant if you have babies or small children)
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair)
- Sunscreen
- Baby and infant medicine dispenser
- Dental floss
- Non-Prescription Drugs
- Aspirin and non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)
- Eye drops
- Alcohol-free mouth wash
- Pet First Aid Kit
- 1ml Plastic Dropper (1)
- Tweezers (1)
- Deluxe Bandage Shears 5" (1)
- Sterile Rolled Gauze 4"x4 yards (1)

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Rolled Gauze 2"x4 yards (1)
Instant Ice Pack (1)
Combine Pad 5"x9" (1)
Emergency Blanket (1)
Triple Anti-Biotic Packs 0.9gm 6 - Cotton Tip Applicators 3" (2)
Pen Light (1)
Sterile Eye Wash 1 oz. (1)
Hydrogen Peroxide 3% 4 oz. (1)
Pair Vinyl Gloves (2)
6" Tongue Depressor (1)
Styptic Pencil (1)
Non-Adherent Bandage 2"x3" (1)

[Contact your local American Red Cross chapter](#) to obtain a basic first aid manual.

Clothing, Bedding and Sanitation Supplies:

- **Clothing:**

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat.

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

Jacket or coat
Long pants
Long sleeve shirt
Sturdy shoes or work boots
Hat, gloves and scarf
Rain gear (hat, rain coat, rain pants, boots and umbrella)
Thermal underwear
Sunglasses

- **Bedding:**

Blankets or sleeping bags

- **Sanitation:**

Toilet paper
Soap, liquid detergent
Feminine supplies
Personal hygiene items
Plastic garbage bags, ties (for personal sanitation uses)
Plastic bucket with tight lid (empty kitty litter container works also)
Disinfectant
Household chlorine bleach (unscented)

- **Tools:**

Mess kits, or paper cups, plates and plastic utensils
[Emergency preparedness manual](#)
Portable, battery-operated radio or television and extra batteries
Flashlight and extra batteries
Candles
Cash or traveler's checks, change
Non-electric can opener, utility knife
Fire extinguisher: small canister, ABC type
Tube tent
Pliers or multi-function tool (e.g., Swiss Army Knife, Leatherman, etc.)

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Tape (Duct and masking tape)
Compass
Matches in a waterproof container
Aluminum foil and Plastic wrap
Zip-Lock bags (snack, sandwich and gallon sizes)
Plastic storage containers
Signal flare
Paper, pencil
Needles, thread
Medicine dropper
Shut-off wrench or pliers, to turn off household gas and water
Whistle
Plastic sheeting
Map of the area (for locating shelters)

- **Special Items:**

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

- For Baby
 - Formula
 - Diapers
 - Bottles
 - Pacifiers
 - Powdered milk
 - Medications
- For Adults
 - Heart and high blood pressure medication
 - Insulin
 - Prescription drugs
 - Denture needs
 - Contact lenses and supplies
 - Extra eye glasses
 - Hearing aid batteries

- **Important Family Documents:**

Keep these records in a waterproof, portable container.

Will, insurance policies, contracts, deeds, stocks and bonds.
Photo IDs, 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)
Photocopies of credit and identification cards

- **General Items:**

Cash and coins.
Entertainment
Games, cards and books.

Disaster Supplies Kit Locations:

- Home

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Your disaster supplies kit should contain essential food, water, and supplies for at least three days (but better to store up to a two week supply in case of quarantine or social distancing).

Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

Additionally, you may want to consider having supplies for sheltering for up to two weeks.

- **Work**
This kit should be in one container, and ready to "grab and go" in case you are evacuated from your workplace.
Make sure you have food and water in the kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.
- **Car**
In case you are stranded, keep a kit of emergency supplies in your car.
This kit should contain food, water, first aid supplies, flares, jumper cables, and seasonal supplies.
- **Disaster Supplies Kit Maintenance:**

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and rotate older ones to the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

Online sources to order supplies from:

- <http://www.nitro-pak.com/>
- <http://www.uscav.com/>