



Office Of Emergency Services

FAMILY DISASTER KIT



Your family will cope best by preparing for disaster before it strikes. One way to prepare is by assembling a Disaster Supplies Kit. Once disaster hits, you will not have time to shop or search for supplies. But if you have gathered supplies in advance, your family can endure an evacuation or home confinement.

To Prepare Your Kit

Review the checklist below

Gather the supplies that are listed.

Place the supplies you would most likely need for an evacuation in an easy-to-carry container.

There are six basics you should stock in your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items.

WATER

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environment and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

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| ☐ Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation) | ☐ Keep at least a three-day supply of water for each person in your household. |
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FOOD

Store at least a three-day supply on 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. Select food items that are compact and lightweight.

- ☐ 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 Person on special diets
- ☐ Comfort/stress foods - cookies, Hard candy, sweetened cereals, Lollipops, instant coffee, tea bag

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## FIRST AID KIT

Assemble a first aid kit for your home and one for each car. A first aid kit should include the following:

- ☐ 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 roll)
  - ☐ 3-inch sterile bandages (3 roll)
  - ☐ Scissors
  - ☐ Tweezers
  - ☐ Needle
  - ☐ Moistened towelettes
  - ☐ Antiseptic
  - ☐ Thermometer
  - ☐ Tongue blades (2)
  - ☐ Tube of petroleum jelly or other Lubricant
  - ☐ Assorted sizes of safety pins
  - ☐ Cleansing agent/soap
  - ☐ Latex gloves (2 pair)
  - ☐ Sunscreen
- Non-prescription drugs**
- ☐ Aspirin or nonasprin 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)

## TOOLS AND SUPPLIES

- ☐ Mess kits, or paper cups, and utensils
- ☐ Emergency preparedness manual
- ☐ Battery operated radio
- ☐ Flashlight and extra batteries
- ☐ Cash or traveler's checks
- ☐ Non-electric can opener
- ☐ Fire extinguisher
- ☐ Tube Tent
- ☐ Pliers
- ☐ Tape
- ☐ Compass
- ☐ Matches in a waterproof container
- ☐ Aluminum foil
- ☐ Plastic storage containers
- ☐ Signal flare

- ☐ Needles, thread
- ☐ Medicine dropper
- ☐ Wrench
- ☐ Whistle
- ☐ Plastic sheeting
- ☐ Map of area

### Sanitation

- ☐ Toilet paper
- ☐ Soap, liquid detergent
- ☐ Personal hygiene supplies
- ☐ Plastic garbage bags
- ☐ Plastic bucket
- ☐ Disinfectant
- ☐ Household chlorine bleach

## CLOTHING AND BEDDING

- ☐ Sturdy shoes or work boots
- ☐ Rain gear
- ☐ Blankets or sleeping bag
- ☐ Hat and gloves
- ☐ Thermal underwear
- ☐ Sunglasses

## SPECIAL ITEMS

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

### For Baby

- ☐ Formula
- ☐ Diapers
- ☐ Bottles
- ☐ Powdered milk
- ☐ Medications

### For Adults

- ☐ Heart and high blood pressure
- ☐ Insulin

- ☐ Prescription drugs
- ☐ Denture needs
- ☐ Contact lenses and supplies
- ☐ Extra eye glasses

- ☐ **Entertainment-** games and books
- ☐ **Important Family Documents-** Keep these records in a waterproof portable container.