

# APPENDIX F. Disaster Supplies Kit

There are six basics that you should stock for your home: water, food, first aid kit, clothing and bedding, tools and emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container—suggested items are marked with an asterisk(\*) in the list below. Possible containers include a large, covered trash container; a camping backpack; or duffelbag.

## 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 2 quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

- › Store 1 gallon of water per person per day. (2 quarts for drinking, 2 quarts for each person in your household for food preparation/sanitation).\*
- › Keep at least a 3-day supply of water per person.

## FOOD\*

Store at least a 3-day supply of nonperishable 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. Include a selection of the following foods in your disaster supplies kit:

- › Ready-to-eat canned meats, fruits, and vegetables
- › Canned juices
- › Staples (salt, sugar, pepper, spices, etc.)
- › High energy foods
- › Vitamins
- › Food for infants and elderly
- › Comfort/stress foods

## FIRST AID KIT\*

Assemble a first aid kit for your home and one for each car.

- › Twenty adhesive bandages, various sizes
- › One 5" x 9" sterile dressing
- › One conforming roller gauze bandage

- › Two triangular bandages
- › Two 3" x 3" sterile gauze pads
- › Two 4" x 4" sterile gauze pads
- › One roll 3" cohesive bandage
- › Two germicidal hand wipes or waterless alcohol-based hand sanitizer
- › Six antiseptic wipes
- › Two pairs of large medical grade nonlatex gloves
- › Adhesive tape, 2" width
- › Antibacterial ointment
- › Cold pack
- › Scissors (small, personal)
- › Tweezers
- › Cardiopulmonary resuscitation (CPR) breathing barrier, such as a face shield

## NONPRESCRIPTION DRUGS

- › Aspirin or nonaspirin pain reliever
- › Antidiarrhea 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)

## CLOTHING AND BEDDING

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

- › Sturdy shoes or work boots\*
- › Rain gear\*
- › Blankets or sleeping bags\*
- › Hat and gloves
- › Thermal underwear
- › Sunglasses

## TOOLS AND EMERGENCY SUPPLIES

- › Mess kits, or paper cups and plates, and plastic utensils\*
- › Emergency preparedness manual\*
- › Battery-operated radio and extra batteries\*
- › Flashlight and extra batteries\*
- › Cash or traveler's checks and change\*
- › Nonelectric can opener and utility knife\*
- › Fire extinguisher: small canister ABC type
- › Tube tent
- › Pliers
- › Tape
- › Compass
- › Matches in a waterproof container
- › Aluminum foil
- › Plastic storage containers
- › Signal flare
- › Paper and pencil
- › Needles and thread
- › Medicine dropper
- › Shutoff wrench (to turn off household gas and water)
- › Whistle
- › Plastic sheeting
- › Map of the area (for locating shelters)

## SANITATION

- › Toilet paper and towelettes\*
- › Soap and liquid detergent\*
- › Feminine supplies\*
- › Personal hygiene items\*
- › Plastic garbage bags and ties (for personal sanitation uses)

- › Plastic bucket with tight lid
- › Disinfectant
- › Household chlorine bleach (may also be used for purifying drinking water—see <http://www.redcross.org> for instructions)

## SPECIAL ITEMS

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

### FOR BABY\*

- › Formula
- › Diapers
- › Bottles
- › Powdered milk
- › Medications

### FOR ADULTS\*

- › Heart and high blood pressure medication
- › Insulin
- › Prescription drugs
- › Denture needs
- › Contact lenses and supplies
- › Extra eye glasses

## ENTERTAINMENT

- › Games, playing cards, and books

## 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 and companies
- › Inventory of valuable household goods and important telephone numbers
- › Family records (birth, marriage, and death certificates)

## STORAGE

- › **Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car.**
- › **Keep items in airtight plastic bags. Change your stored water supply every 6 months so it stays fresh. Also, replace your stored food every 6 months. Rethink your kit and family needs at least once a year. Replace batteries, update clothes, etc.**
- › **Ask your physician or pharmacist about storing prescription medications.**

Based on the “Your Family Disaster Supplies Kit” developed by the Federal Emergency Management Agency (<http://www.fema.gov>) and the American Red Cross (<http://www.redcross.org>). Additional supply checklists can also be found at <http://www.ready.gov>.

## REFERENCE

Federal Emergency Management Agency, & American Red Cross. (2004). Your family disaster supplies kit. <http://www.fema.gov/pdf/library/fdsk.pdf>.