



## DISASTER KIT

### Make A Disaster Supplies Kit

## Make a Disaster Supplies Kit

*A 72 hour disaster supplies kit is a collection of basic items a family would probably need to stay safe and be more comfortable during and after a disaster.*

A disaster supplies kit is a collection of basic items a family would probably need to stay safe and be more comfortable during and after a disaster. Disaster supplies kit items should be stored in a portable container(s) as close as possible to the exit door. Review the contents of your kit at least once per year or as your family's needs change. Also, consider having emergency supplies in each vehicle and at your place of employment.

### Recommended Items to Include in a Basic Disaster Supplies Kit:

**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 environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

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

**FOOD** - Store at least a three-day supply 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. 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 & vegetables
- Canned juices, milk, soup (if powdered, store extra water)

- Staples such as sugar, salt, pepper
- High-energy foods - peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly person or persons with special diets
- Comfort/stress food - cookies, hard candy, sweetened cereal, lollipops, instant coffee, tea bags



FIRST-AID KIT - assemble a 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)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Scissors
- Cleansing agent/soap
- Needles
- Latex gloves (2 pairs)

## DISASTER KIT

### Make A Disaster Supplies Kit



- Tweezers
- Moistened towelettes
- Antiseptic
- Thermometer (medical)
- Tongue depressors (2)
- Sunscreen

#### NON-PRESCRIPTION DRUGS

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Laxative
- Antacid (for stomach upset)

#### TOOLS and SANITATION

- Mess kits, or paper cups, plates and utensils
- Battery operated radio and extra batteries
- Flashlight and extra batteries
- Cash, traveler's checks, change
- Non-electric can opener, utility knife
- Map of the area (for locating shelters)
- Emergency Preparedness Manual
- Fire extinguisher: small - ABC type

- Tent
- Pliers
- Tape (duct)
- Compass
- Paper, pencil
- Signal flare
- Whistle
- Plastic sheeting
- Medicine dropper
- Matches in a waterproof container
- Plastic storage containers, bags
- Shut-off wrench, to turn off house gas & water
- Sewing kit (needles, thread)
- Aluminum foil



Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Plastic garbage bags, ties
- Plastic bucket with tight lid

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
- Sunglasses
- Thermal underwear
- Hat and gloves

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

For Baby:

- Formula
- Diapers
- Bottles
- Medications
- Powdered Milk

For Adults:

- Heart and high blood pressure medication
- Other prescription drugs
- Insulin
- Extra eye glasses



- Contact lenses and supplies
- Denture needs

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

List for Disaster Supplies Kit courtesy of:  
[www.ready.illinois.gov](http://www.ready.illinois.gov)

