



Disaster Readiness Fact Kit

Disaster Supplies Checklist

No matter where one lives, an emergency situation can arise that may cause you to have to leave your home quickly. A disaster safety kit can help you be better prepared and to lessen the impact of any disaster on your family.

There are six basic items that should be present in every Disaster Safety Kit:

- Extra clothing/bedding
- Non-perishable food
- First-aid supplies
- Tools & emergency supplies
- Water
- Other special items

These items should be stored in a container that is easy to locate and carry. If the storage container isn't waterproof, place individual items in sealed plastic bags. Check the contents of your kit every six months and replace items as needed (food, water, outgrown clothes, weak batteries, etc.).

Extra Clothing/Bedding

Keep at least one complete change of clothing and footwear per person in the disaster kit. If you live in a rainy or cold weather climate, consider including an extra set of thermal underwear, hats and gloves, or rain gear. Extra blankets or a sleeping bag should also be packed.

First-Aid Kit

The following items should be included in a first-aid kit:

- Antiseptic
- Assorted sizes of safety pins
- Latex gloves
- Moistened towelettes or other cleansing agent such as soap
- Non-prescription drugs (pain relievers, antacids, etc.)
- Scissors
- Sterile adhesive bandages/gauze pads
- Sunscreen
- Thermometer
- Triangular and rolled bandages
- Tweezers
- Tube of petroleum jelly or other lubricant

Food

Keep a three-day supply of non-perishable food in your disaster kit. Try to select foods that require no refrigeration, preparation or cooking. If you have young children, consider adding a couple of their favorite non-perishable snacks as comfort food. Replace stored food every six months.



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Disaster Supplies Checklist Continued...

Tools and Emergency Supplies

Below are some tools and additional emergency supplies that should be included in a disaster kit:

- Battery-operated radio with extra batteries
- Cash, an extra credit card, or traveler's checks
- Compass
- Disinfectant, such as household chlorine bleach
- Extra glasses, contact lens case and solutions
- Fire extinguisher
- Flashlight and extra batteries
- Matches in waterproof container
- Needles and thread
- Non-electric can opener, utility knife
- Paper, pen or pencil
- Personal hygiene items, soap
- Plastic bucket with tight lid
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic storage containers
- Pliers, shut-off wrench (to turn off household gas and water)
- Signal flares
- Tape
- Toilet paper, towelettes
- Whistle

Water

Water should be stored in clean, sealed containers such as polyethylene (PET) bottles or glass. Keep at least a three-day supply of water per person, or about three gallons. Two quarts will be for drinking and two quarts for food preparation and sanitation needs. Change your stored water supply every six months so it stays fresh. If you have pets, be sure to store an extra supply of water for them as well.

Special Items

Any family member who requires prescription medication should ensure at least a three-day supply of medication is available in their disaster kit. In addition, those families with young children may need to pack additional items, such as diapers or formula, in their disaster kit. If you wear contacts, pack a spare set of glasses and extra contact lens supplies. Also, keep a copy of any important records in a waterproof, portable container. These records should include:

- Wills, insurance policies, deeds and other important legal documents
- Account numbers for banks and credit cards
- Family records (birth, marriage, death certificates)
- Inventory of valuable household goods
- Important telephone numbers