

Help protect your family against potential weather disasters & emergency situations by compiling an emergency supply kit. The kit can be assembled over a five-month period on a weekly basis. Perishable items should be changed or replaced every six months.

## ESSENTIALS

Battery-operated radio

Flashlight

Extra batteries

Do not include candles, which cause more fires after a disaster than anything else

## WATER

3 gallons per person minimum in a food-grade plastic container

Additional water for sanitation

FOOD (Minimum 3 day supply of non-perishable food that requires no refrigeration or preparation & little or no water)

Dry cereal

Canned juice

Peanut butter

Ready-to-eat canned meats

Canned fruits

Ready-to-eat soups (not concentrated)

Canned vegetables

Quick energy snacks, graham crackers

FIRST AID KIT (Create one for your home & one for each car)

Scissors

Assorted sizes of safety pins

Thermometer

2" sterile gauze pads (4-6)

Tweezers

4" sterile gauze pads (4-6)

Needle

2" sterile roller bandages (3 rolls)

Sunscreen

3" sterile roller bandages (3 rolls)

Cleansing agent/soap

Triangular bandages (3)

Latex gloves (2 pair)

Petroleum jelly or other lubricant

Tongue blades (2)

Sterile adhesive bandages in assorted sizes

Moistened towelettes

## NON PRESCRIPTION DRUGS

Laxative

Anti-diarrhea medication

Aspirin or non-aspirin pain reliever

Antacid (for stomach upset)

Activated charcoal (use if advised by the Poison Control Center)

Syrup of ipecac (use to induce vomiting if advised by the Poison Control Center)

## TOOLS & SUPPLIES

Whistle  
Shut-off wrench to turn off household gas & water  
Crowbar  
Aluminum foil  
Paper, pencil  
Plastic sheeting  
Medicine dropper  
Compass  
Needles - thread  
Matches in a waterproof container  
Signal flare  
Pliers, screwdriver, hammer  
Assorted nails, wood screws  
Heavy cotton or hemp rope  
Plastic storage containers  
Non-electric can opener, utility knife  
Cash or traveler's checks, change  
Mess kits, or paper cups, plates & plastic utensils  
Tape, duct & plumber's tape or strap iron  
Map of the area (for locating shelters)  
Patch kit & can of seal-in-air for tires

## SANITATION

Disinfectant  
Plastic garbage bags, ties (for personal sanitation uses)  
Soap, liquid detergent  
Household chlorine bleach  
Feminine supplies  
Personal hygiene items  
Toilet paper, towelettes, paper towels  
Plastic bucket with tight lid

## CLOTHING & BEDDING

Sunglasses  
Hat & gloves  
Blankets or sleeping bags  
One complete change of clothing & footwear per person  
Rain gear  
Sturdy shoes or work boots  
Thermal underwear

## FOR BABY

Formula  
Bottles  
Powdered milk  
Diapers  
Medication

## FOR PETS

Food  
Leash, harness or carrier  
Records of vaccinations  
Non-tippable food & water containers

## IMPORTANT FAMILY DOCUMENTS

Important telephone numbers  
Record of bank account numbers  
Family records (birth, marriage, death certificates)  
Inventory of valuable household goods  
Copy of will, insurance policies, contracts, deeds, stocks, & bonds  
Record of credit card account numbers & companies  
Copy of passports, social security cards, immunization records

## FAMILY MEDICAL NEEDS

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

## ENTERTAINMENT

Games and books