

## Basic Disaster Supplies Kit

There are six basics you should stock for your home: 1) water, 2) food, 3) first aid supplies, 4) clothing and bedding, 5) tools and emergency supplies, and 6) special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container.

### Essentials

- Battery-operated radio and extra batteries
- Flashlight and extra batteries

Do not include candles. Candles cause more fires after a disaster than anything else.

### Water

Store water in plastic containers, such as large soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A person who is generally active 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 to drink even more.

Store three gallons of water per person (one gallon for each day and for each person).

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

### Food

Store at least a three-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 and matches. 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
- Canned fruits, dried fruits, and nuts
- Canned vegetables

## 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
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4–6)
- 4-inch sterile gauze pads (4–6)
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Adhesive tape
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Rubbing alcohol
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Extra eye glasses

## APPENDIX A

### Nonprescription Drugs

- Aspirin or nonaspirin pain reliever
- Antidiarrheal 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)

### Sanitation

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

### Clothing and Bedding

- 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 Supplies

- Mess kits or paper cups; plates and plastic utensils
- Cash or traveler's checks, coins.
- Nonelectric can opener; utility knife
- Pliers, screwdriver, hammer, crowbar, assorted nails, wood screws
- Shutoff wrench, to turn off household gas and water
- Tape, such as duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Adhesive labels
- Safety goggles
- Heavy work gloves
- Whistle
- Heavy cotton or hemp rope
- Patch kit and can of seal-in-air
- Videocassettes
- Disposable dust masks
- Plastic sheeting
- Map of the area (for locating shelters)

## For Baby

- Formula
- Diapers/wipes
- Bottles
- Powdered formula, milk, or baby food
- Medications

## Important Family Documents

Keep these records in a waterproof, portable container:

- Copy of will, insurance policies, contracts, deeds, stocks and bonds
- Copy of passports, Social Security cards, immunization records
- Record of credit card accounts
- Record of bank account numbers, names, and phone numbers
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Copy of Supplemental Security Income award letter

## Medical Needs

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture supplies
- Contact lenses and supplies

## Items for Service Animals/Pets

- Food
- Additional water
- Leash/harness
- Identification tags
- Medications and medical records
- Litter/pan

## Entertainment

- Games and books

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## Other Disaster Supplies

Assemble the supplies listed on page 36 in addition to your basic disaster supplies kit. Combine these with your disaster supplies kit as you need them, and store them somewhere that is easy for you to get to.

## APPENDIX A

### Disability-Related Supplies and Special Equipment

**Check items you use, and describe item type and location.**

- Glasses: \_\_\_\_\_
- Eating utensils: \_\_\_\_\_
- Grooming utensils: \_\_\_\_\_
- Dressing devices: \_\_\_\_\_
- Writing devices: \_\_\_\_\_
- Hearing device: \_\_\_\_\_
- Oxygen: \_\_\_\_\_  
Flow rate: \_\_\_\_\_
- Suction equipment: \_\_\_\_\_
- Dialysis equipment: \_\_\_\_\_
- Sanitary supplies: \_\_\_\_\_
- Urinary supplies: \_\_\_\_\_
- Ostomy supplies: \_\_\_\_\_
- Wheelchair:  
Wheelchair repair kit: \_\_\_\_\_  
Motorized: \_\_\_\_\_  
Manual: \_\_\_\_\_
- Walker: \_\_\_\_\_
- Crutches: \_\_\_\_\_
- Cane(s): \_\_\_\_\_
- Dentures: \_\_\_\_\_
- Monitors: \_\_\_\_\_
- Other: \_\_\_\_\_

### Service Animal and Pet Supplies

- Food
- Extra water
- Leash/harness
- Collar
- Identification tags
- Medications
- Vaccinations and medical records

### Portable Disaster Supplies Kit

- Emergency information list/other lists
- Small flashlight
- Whistle/other noisemaker
- Water
- Extra medication
- Copies of prescriptions
- Extra pair of glasses
- Hearing aid
- Sanitary supplies
- Pad and pencil or other writing device

### Car Supplies

- Several blankets
- Extra set of mittens or gloves, wool socks, and a wool cap
- Jumper cables and instructions
- Small sack of sand or kitty litter for traction
- Small shovel
- Set of tire chains or traction mats
- Red cloth to use as a flag
- CB radio or cellular telephone

## APPENDIX B: DISASTER SUPPLIES CALENDAR

This Disaster Supplies Calendar is intended to help you prepare for disasters before they happen. Using the calendar, you can assemble a disaster supplies kit in small steps over a five-month period. Check off items you gather each week. Remember to change and replace perishable supplies (such as food and water) every six months.

### WEEK 1

#### Grocery Store

- 1 gallon water\*
- 1 jar peanut butter
- 1 large can juice\*
- 1 can meat\*
- Hand-operated can opener
- Permanent marking pen

Also, pet food, diapers, and baby food, if needed.

#### To Do

- Find out what kinds of disasters can happen in your area.
- Date each perishable food item using marking pen.

### WEEK 2

#### Hardware Store

- Heavy cotton or hemp rope
- Duct tape
- 2 flashlights with batteries
- Matches in water-proof container

Also, a leash or carrier for your pet.

#### To Do

- Complete a personal assessment of your needs and your resources for meeting your needs in a changed disaster environment.

### WEEK 3

#### Grocery Store

- 1 gallon water\*
- 1 can meat\*
- 1 can fruit\*
- Feminine hygiene supplies
- Paper and pencil
- Map of the area
- Aspirin or nonaspirin pain reliever
- Laxative

Also, 1 gallon of water for each pet.

#### To Do

- Create a personal support network who can help you identify and obtain the resources you will need to cope effectively with disaster.

### WEEK 4

#### Hardware Store

- Patch kit and can of seal-in-air product for the tires of mobility aids
- Signal flare
- Compass

Also, extra medications or prescriptions marked "emergency use."

#### To Do

- Develop a personal disaster plan.
- Give copies of the following lists to your network: emergency information list, medical information list, disability-related supplies and special equipment list, and personal disaster plan.

\* Purchase one for each member of the household.

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## APPENDIX B

### WEEK 5

#### Grocery Store

- 1 gallon water\*
- 1 can meat\*
- 1 can fruit\*
- 1 can vegetables\*
- 2 rolls toilet paper
- Extra toothbrush
- Travel size toothpaste

Also, special food for special diets, if needed.

#### To Do

- Make a floor plan of your home including primary escape routes.
- Identify safe places to go to in case of fire, earthquake, tornado, hurricane, and flood.
- Practice a fire drill, tornado drill, and earthquake drill with your network.

### WEEK 6

#### First Aid Supplies

- Sterile adhesive bandages in assorted sizes
- Safety pins
- Adhesive tape
- Latex gloves
- Sunscreen
- Gauze pads
- Sterile roller bandages

Also, extra hearing aid batteries, if needed.

#### To Do

- Check with child's day care center or school to find out about their disaster plans.
- Ask your local emergency management office if emergency transportation services are available in case of evacuation.

### WEEK 7

#### Grocery Store

- 1 gallon water\*
- 1 can ready-to-eat soup (not concentrated)\*
- 1 can fruit\*
- 1 can vegetables\*
- Sewing kit
- Disinfectant

Also, extra plastic baby bottles, formula, and diapers, if needed.

#### To Do

- Establish an out-of-town contact to call in case of emergency.
- Share this information with your network so they know whom to call.
- Make arrangements for your network to check on you immediately after an evacuation order or a disaster.

### WEEK 8

#### First Aid Supplies

- Scissors
- Tweezers
- Thermometer
- Liquid antibacterial hand soap
- Disposable hand wipes
- Needles
- Petroleum jelly or other lubricant
- 2 tongue blades

Also, extra eyeglasses, if needed. Put in first aid kit.

#### To Do

- Place a pair of sturdy shoes and a flashlight by your bed so they are handy in an emergency.
- If Blind, store a talking clock and one or more extra white canes.
- If Blind, mark your disaster supplies in braille or with fluorescent tape.

\* Purchase one for each member of the household.

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## WEEK 9

### Grocery Store

- 1 can ready-to-eat soup\*
- Liquid dish soap
- Household chlorine bleach
- 1 box heavy-duty garbage bags with ties
- Antacid (for stomach upset)

Also, saline solution and a contact lens case, if needed.

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### To Do

- Familiarize your network with any areas on your body where you have reduced sensation.
- Choose a signal with your network that indicates you are okay and have left the disaster site.
- If you have a communication disability, store a word or letter board in your disaster supplies kit.

## WEEK 10

### Hardware Store

- Waterproof portable plastic container (with lid) for important papers
- Battery-powered radio
- Wrench(es) needed to turn off utilities

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### To Do

- Take your network on a field trip to the gas meter and water meter shutoffs. Discuss when it is appropriate to turn off utilities.
- Attach a wrench next to the cutoff valve of each utility meter so it will be there when needed.
- Make photocopies of important papers and store safely.

## WEEK 11

### Grocery Store

- 1 large can juice\*
- Large plastic food bags
- 1 box quick energy snacks
- 3 rolls paper towels
- Medicine dropper

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### To Do

- Store a roll of quarters for emergency phone calls.
- Go on a hunt with your family to find a pay phone that is close to your home.
- Test your smoke detector(s). Replace the battery in each detector that does not work.

## WEEK 12

### Animal Care Store

- Extra harness, leash, ID tags, and food for your service animal and/or pets
- Litter/pan
- Extra water

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### Veterinarian

- Obtain current vaccinations and medical records of your animal(s)
- Medications

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### To Do

- Develop a pet care plan in case of disaster.
- Make photocopies of all vaccination records and put them in your disaster supplies kit.
- Put extra animal harness, leash, and identification tag(s) in your disaster supplies kit.

\* Purchase one for each member of the household.

## APPENDIX B

### WEEK 13

#### Hardware Store

- Whistle
- Pliers
- Screwdriver
- Hammer
- Perforated metal tape (sometimes called plumber's tape or strap iron)
- Crow bar

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#### To Do

- Take a first aid/CPR class from your local Red Cross.
- Arrange to have your water heater strapped to wall studs using perforated metal tape.

### WEEK 14

#### Grocery Store

- 1 can fruit\*
- 1 can meat\*
- 1 can vegetables\*
- 1 package eating utensils
- 1 package paper
- Cups

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#### To Do

- Make sure your network and neighbors know what help you may need in an emergency and how best to assist.
- Practice using alternate methods of evacuation with your network.

### WEEK 15

#### Hardware Store

- Extra flashlight batteries
- Extra battery for portable radio
- Assorted nails
- Wood screws
- Labels for your equipment and supplies

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#### To Do

- Make arrangements to bolt bookcases and cabinets to wall studs.
- Label equipment and attach instruction cards.

### WEEK 16

#### Grocery Store

- 1 can meat\*
- 1 can vegetables\*
- 1 box facial tissue
- 1 box quick energy snacks
- Dried fruit/nuts

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#### To Do

- Find out if you have a neighborhood safety organization and join it.
- Develop a disaster supplies kit for your car or van.

\* Purchase one for each member of the household.

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**WEEK 17**

**Grocery Store**

- 1 box graham crackers
- Assorted plastic containers with lids
- Dry cereal

**First Aid Supplies**

- Antidiarrheal medication
- Rubbing alcohol
- Antiseptic
- Syrup of ipecac and activated charcoal

**To Do**

- Arrange for a friend or neighbor to help your children if you are not able to respond or are at work.

**WEEK 18**

**Hardware Store**

- "Child proof" latches or other fasteners for your cupboards
- Double-sided tape or hook-and-loop fasteners (such as Velcro®) to secure moveable objects
- Plastic bucket with tight lid
- Plastic sheeting

**To Do**

- Arrange for someone to install latches on cupboards and secure moveable objects.
- Put away a blanket or sleeping bag for each household member.

**WEEK 19**

**Grocery Store**

- 1 box quick-energy snacks
- Comfort foods (such as cookies, candy bars)
- Plastic wrap
- Aluminum foil

Also denture care items, if needed.

**To Do**

- Review your insurance coverages with your agent to be sure you are covered for the disasters that may occur in your area. Obtain additional coverage, as needed.
- Purchase and have installed an emergency escape ladder for upper story windows, if needed.

**WEEK 20**

**Hardware Store**

- Camping or utility knife
- Work gloves
- Safety goggles
- Disposable dust masks
- 2 blank videocassettes

**Specialty Store**

- Get an extra battery for motorized mobility aids

**To Do**

- Use a video camera to tape the contents of your home for insurance purposes.
- Make a copy of the videotape and send to an out-of-town friend or family member.
- Find out about your workplace disaster plan.

\* Purchase one for each member of the household.

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