

Disaster Supply Checklist

Water- An absolute necessity! Having an ample supply of clean water is a top priority in any emergency. Plan to store two gallons of water per person per day, one gallon for drinking and one gallon for washing. Remember to rotate this supply every two months to insure you always have a clean, fresh supply in the event of an emergency.

Food – Store at least a three day supply of non-perishable food for each person in your household. Select foods that do not require refrigeration, cooking or preparation. Select food items that are compact and lightweight and rotate the food supply every six months.

- Ready to eat canned meats, fruits and vegetables
- Juices canned, powdered or crystallized
- Soups bouillon cubes or dried soups in a cup
- Smoked or dried meats such as beef jerky
- Milk powdered or canned
- Vitamins
- Stress foods – sugar cookies, hard candy
- High energy food – peanut butter, nuts, Trail Mix, dried apricots or other fruits
- Staples – sugar, salt, pepper

Non-Prescription medication

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Emetic (to induce vomiting)
- Laxative
- Eye wash
- Rubbing alcohol
- Antiseptic or hydrogen peroxide
- Activated charcoal

First-Aid Kit

You should have two first-aid kits, one for your home and one for your car. Each kit should contain:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (8-12)
- 3-inch sterile gauze pads (8-12)
- Hypo-allergenic adhesive tape
- Moistened towelettes (8-10 packages)
- 2 and 3-inch sterile roller bandages (3 rolls each)
- Scissors
- Tweezers
- Needle
- Safety-razor blade
- Bar of soap
- Triangular bandages

- Antiseptic spray
- Thermometer
- Tube of petroleum jelly or other lubricant
- Tongue depressors and wooden applicator sticks
- Assorted sizes of safety pins
- Cleansing agents
- Latex gloves

Tools and Supplies

- Mess kits, or paper cups, plates and plastic utensils
- Emergency preparedness plan for families
- Battery operated radio and extra batteries
- Flashlight and extra batteries
- Cash or travelers check, change
- Safe deposit box key
- Extra set of car keys
- Non-electric can opener
- 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
- Papers, pencils
- Needles, thread
- Medicine dropper
- Whistle
- Shut-off wrench for gas and water
- Plastic sheeting
- Dust mask and work gloves
- Leaf and lawn bags

Sanitation

- Toilet paper, paper towels, soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties
- Small shovel
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Antibacterial wipes

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 and clothing for layering
- Sunglasses

Special items for family members with special needs such as infants, elderly, or disabled individuals (3-7 day supply). Remember to rotate perishable medication supplies regularly to maintain optimum effectiveness.

Adults

- Heart and high blood pressure medication or other prescribed medications
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

For Babies

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Pets

- Medications and vaccination records
- Sturdy leashes or carriers to transport pets
- Current photos of your pets (for use in the event they become missing)
- One week supply of food (if dry, in airtight container), bowls, cat litter/pan, 1 week's supply liter, and can opener
- Two week supply of water (rotate every two months)
- Pet beds, blankets, and toys if easily transportable
- Pooper scooper and/or small plastic bags
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Entertainment

- Games for children, crayons, books; books or magazines for adults

Important family documents

- Wills, insurance policies, contracts, deeds, stock and bonds
- Passports, Social Security cards, immunization records

- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death, certificates)

Keep these records in a waterproof, portable container