

# Emergency Supply Kit

## General Information:

- Store the kit in a convenient place known to all family members.
- Change your stored water supply every six months so it stays fresh.
- Inspect the kit every six months:
  - Rotate the food and water
  - Test appliances
  - Replace expired medications, supplies and batteries
  - Consider additional needs for the family and update the kit (clothes, additional supplies, etc.)
- Each family member should have his/her own personalized kit with food, clothing and water

## Contents:

### Water

- Store 1 gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation).
  - Keep a 3-day supply of water for each person in the household.
  - 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.
  - Additional water may be needed in hot environments and with intense physical activity. Also, children, nursing mothers and ill people will need more.
- One gallon of water per person per day\*

### Food

- Keep food dry and cool.
  - Keep a 3-day supply of non-perishable food which requires no refrigeration, preparation, or water.
  - Select compact, lightweight foods.
- Supply of non-perishable food:
- Ready-to-eat canned meats, fruits and vegetables
  - Canned juices, milk, soup (if powdered, store extra water)
  - Staples — sugar, salt, pepper, spices, etc.
  - High energy foods — peanut butter, jelly, crackers, granola bars, trail mix
  - Vitamins
  - Foods for infants, elderly persons or persons on special diets
  - Comfort/stress foods — cookies, hard candy, sweetened cereals lollipops
- Non-electric can opener

## **Shelter, Clothing and Bedding**

- Each person should have one complete change of clothing and footwear.
  - Clothes for each person (store in plastic)
    - Sturdy closed-toe shoes or work boots\*
    - Socks\*
    - Underwear\*
    - Jacket or coat
    - Long pants and long sleeve shirt\*
    - Hat, mittens, and scarf
    - Thermal underwear
  - Sunglasses
  - Rain gear / poncho\*
  - Blankets or sleeping bags\*
  - Tent/shelter
  - Emergency reflective blanket and/or Emergency “space” blanket (mylar)
  - Hand and body warm packs (check expiration dates)

## **Sanitation**

- Toilet paper\* and portable toilet
- Hand sanitizer\*
- Moist towelettes\*
- Soap, liquid detergent\*
- Feminine supplies\*
- Personal hygiene items\*
  - Toothbrush and toothpaste
  - Comb and/or brush
  - Tissue
  - Razor
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

## **Safety and Health**

- Ask your physician or pharmacist about storing prescription medications.
  - First Aid Kit\*
  - Sun block, insect repellent, snake bite kit
  - Necessary medications (including extra contacts)\*
  - Extra pair of glasses

## **Information**

- Keep records in a waterproof, portable container.
  - First aid how-to book
  - Emergency preparedness manual\*
  - Important documents
    - Family records (Birth, marriage, and death certificates; Will; Insurance policies)
    - Financial information (Contracts, Deeds, Stocks, Bonds, Bank accounts, Credit card numbers)
    - Passports
    - Social security cards
    - Driver's license
    - Immunization records
  - Important family information
    - Style and serial number of medical devices (e.g. pacemakers)
    - List of family physicians
    - Phone numbers
    - Family evacuation and meeting-place information
    - Inventory of valuable household goods
  - Emergency phone numbers (include out-of-state contact for family check-in)

## **Tools and Supplies**

- Mess kits, or paper cups, plates and plastic utensils\*
- Battery operated radio and extra batteries\*
- Flashlight and extra batteries\*
- Money (at least \$20.00 cash and change for phone calls)\*
- Credit cards, traveler's checks \*
- Utility knife (like a Swiss Army knife)\*
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Sewing kit (needles, thread)
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle with neck cord
- Plastic sheeting
- Map of the area (for locating shelters)
- Plastic garbage bags
- Plastic bucket with a tight lid
- 50-foot nylon rope
- Bottle of potassium iodide tablets
- Tools, pocket knife, shovel, hatchet or axe
- Stress relievers (games, books, inspirational reading, small toys, paper and pen)
- Extra batteries
- Extra set of car keys
- Special items for infants, elderly or disabled family members.
- Light stick
- Lightweight stove and fuel

## Special Items:

### For Baby

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Water packets
- Warm change of clothing
- Pacifiers

### For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Hearing aid and batteries
- Contact lenses and supplies
- Extra eye glasses
- Entertainment - games and books
- Non-prescription drugs
  - Aspirin or nonaspirin pain reliever
  - Anti-diarrhea 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)

## First Aid Kit

### Bandages

- Elastic bandages with pins
- Cotton balls or cotton square pads
- Sterile adhesive bandages in assorted sizes (20)
- Non-adherent sterile pads (various sizes)
- Triangular bandages (3)
- Conforming roller gauze bandage
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- 2 x 2 inch sterile gauze pads (4-6)
- 3 x 3 inch sterile gauze pads (4-6)
- 4 x 4 inch sterile gauze pads (4-6)
- 5" x 9" sterile dressing

### Ointments

- Anti-bacterial ointment (Neosporin, bacitracin, etc.)
- Burn cream
- Tube of petroleum jelly or other lubricant

### Disinfectants

- Hand soaps
- Rubbing alcohol swabs or alcohol in a plastic bottle
- Iodine pads or iodine in a plastic bottle
- Germicidal hand wipes or waterless alcohol-based hand sanitizer
- Moistened towelettes
- Cleansing agent/soap

### Manuals

- First aid manual or guide

## **Equipment**

- Pocket knife, razor blade
- Scissors (small, personal)
- Tweezers
- Needles and heavy thread
- Thermometer
- Eye wash
- Disposable diapers (dressing/splint/padding)
- Sanitary napkins (pressure dressing)
- Small splints
- Tongue blades (2)
- Salt
- Chemical ice pack, hand warmer packets
- Safety pins (various sizes)
- Matches (water proof/wind proof)
- Water pouches (option)
- Hypoallergenic adhesive tape, 2" width
- Medical grade non-latex gloves (2 pair)
- CPR breathing barrier, such as a face shield
- Sunscreen

## **Non-prescription drugs**

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea 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)
- Baking soda (½ tsp. Soda + 1 tsp. Salt + 1 qt. water for shock)