

# DISASTER SUPPLY KIT

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## Preparing Your Family For A Disaster

Whether its a short-term power outage or a disaster or emergency of greater magnitude, your family's level of preparedness will determine how you 'weather the storm'. Basic planning involves talking with your family members about potential emergencies and how you should handle them. One piece of the puzzle involves preparing a disaster supply kit. A small one should be kept in the trunk of each car, for times when you may become stranded. A more extensive kit may be kept at home. Pre-made kits are available in many stores, such as Walmart and Target, with many more choices available online. The following items are a good start on kits that can be tailored to your family's particular needs.

## Supply Kit

Items your kit should include

- portable, battery powered *radio or television* and extra batteries
- *flashlight* and *extra batteries*
- *first-aid kit* and first-aid manual
- supply of *prescription medications*
- *credit card and cash*
- *personal identification*
- *matches* in a waterproof container
- *signal flare*
- *map* of the area and *phone numbers* of places you could go
- *special needs* (diapers, formula, hearing aid batteries, spare wheelchair battery, spare eyeglasses, etc.)
- *three gallons of water* per person (one-half gallon per day for drinking and one-half for cooking and sanitation)
- *three-day supply of nonperishable food*
- *kitchen accessories* (manual can opener; mess kits or paper cups, plates, and disposable utensils; can of cooking fuel; household liquid bleach to treat drinking water; sugar; salt and pepper; aluminum foil; plastic resealable bags, etc.)
- one complete change of clothing and footwear for each family member, including sturdy shoes or work boots; raingear, hat and gloves; thermal underwear; sunglasses
- *blankets or sleeping bag* for each family member

- *tools and other accessories*: paper and pencil; needles and thread; pliers; shut-off wrench; shovels and other useful tools; tape; medicine dropper; whistle; plastic sheeting; A-B-C type fire extinguisher; emergency preparedness manual; tube tent; compass
- *sanitation and hygiene items*: toilet paper; towelettes; soap; hand sanitizer; liquid detergent; feminine supplies; shampoo; deodorant; toothpaste; toothbrushes; comb and brush; lip balm; plastic garbage bags (heavy duty); medium sized plastic bucket with tight lid; disinfectant; household chlorine bleach; small shovel for digging an expedient latrine
- *entertainment* such as games and books
- *food*: at least a three-day supply (when possible, select foods that require no refrigeration, preparation, cooking and little or no water)

Important Documents to have handy are

- will, insurance policies, contracts, deeds, stocks 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)

## **Other Disaster Prep**

Don't forget to

- keep your supplies dry and viable by updating them when needed
- keep items in airtight plastic bags to keep them from damage or spoiling
- replace stored food and water every six months
- replace seasonal items (certain clothing, etc.) and those that expire (batteries), at least once a year
- ask a physician or pharmacists about precautions in storing your medicines, especially prescription medications that may be hard to obtain during a disaster
- use an easy-to-carry container for supplies you would most likely carry during an evacuation