

Disaster Supply Kit

It may be necessary for you to survive on your own for three or more days. Are you prepared? Below is a recommended list of supplies to put in your emergency kit. For more information go to: www.os.dhhs.gov/disasters/index.shtml or www.ready.gov

- Water** (1 gallon per person per day)
- Food**

First Aid Supplies

- First aid manual
- Adhesive bandages
- Roller bandages
- Sterile gauze pads
- Antiseptic
- Antibiotic ointment
- Isopropyl alcohol
- Latex gloves
- Petroleum jelly
- Safety pins
- Cotton balls
- Tweezers
- Needle
- Moistened towelettes
- Thermometer
- Tongue depressor blades
- Sunscreen
- Insect repellent

Medications

- Aspirin
- Antidiarrhea medication
- Antacid
- Syrup of ipecac
- Laxative
- Vitamins
- Prescription medications

- Portable radio or television
- Battery operated alarm clock
- Flashlight
- Extra batteries
- Matches
- Signal flare
- Whistle
- Pliers

- Duct Tape
- Scissors
- Plastic sheeting
- A-B-C type fire extinguisher
- Tube tent
- Compass
- Work gloves
- Shovel
- Paper, pen, and pencils
- Needles and thread

Kitchen Items

- Manual can opener
- All purpose knife
- Re-sealing plastic bags
- Disposable cups, plates, and utensils

Sanitation and Hygiene

- Personal care items
- Washcloth and towel
- Bleach
- Garbage bags and ties
- Plastic bucket with lid

Documents

- Personal identification
- Cash and credit card
- Copies of important documents
- Emergency phone numbers
- Map of the area
- Extra car keys and house keys

Clothes and Bedding

- One complete change of clothing
- Blanket and pillow for each person
- Extra pair of glasses or contact lens

