

FAMILY DISASTER SUPPLY KIT

A well stocked disaster supply kit will ensure you have the necessary supplies ready, no matter how fast you may need to act. Your disaster supplies should be packed into an easy to carry container such as a 5 gallon bucket, duffel bag and/or a backpack. Once it is packed, keep it in a designated place for quick and easy access. At minimum, the kit should contain:

Water - Store water in unbreakable, tightly sealed containers.

- Store one gallon per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).

Food - Store at least a three-day supply of non-perishable foods that require no refrigeration, preparation or cooking, and little or no water. Include a selection of the following foods in your Disaster Supply Kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

Nonprescription Medications

- Nonprescription pain relievers
- Anti-diarrhea medication
- Antacids (for stomach upset)
- Laxatives

First Aid Kit - Assemble a first aid kit for your home and one for each car:

- (20) adhesive bandages (various sizes)
- (1) 5" x 9" sterile dressing
- (1) conforming roller gauze bandage
- (2) triangular bandages
- (2) 3 x 3 sterile gauze pads
- (2) 4 x 4 sterile gauze pads
- (1) roll 3" cohesive bandage
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer
- (6) antiseptic wipes
- (2) pair large medical grade non-latex gloves
- Adhesive tape (various widths)
- Anti-bacterial ointment
- Cold pack
- Scissors
- Tweezers
- CPR breathing barrier (face shield)

Clothing and Bedding - Include at least one complete change of clothing and footwear per person:

- Sturdy shoes or work boots
- Rain gear
- Hat and gloves
- Thermal underwear
- Blankets or sleeping bags
- Small pillows

Sanitation Supplies

- Towelettes
- Hand sanitizer
- Hand soap
- Laundry detergent
- Toilet paper
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags with ties
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Tools and Supplies

- Mess kits or paper cups, plates, and plastic utensils
- Battery-operated radio
- Flashlight
- Extra batteries
- Manual can opener
- Utility knife
- Small "ABC" type fire extinguisher
- Pliers
- Tape
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flares
- Paper/pencil
- Needles/thread
- Medicine dropper
- Crescent wrench (to turn off household gas/water)
- Plastic sheeting
- Map of the area

LCDHD RECOMMENDS:

- Build and maintain your Disaster Supply Kit based upon your family's needs.**
- Keep a smaller version of the Disaster Supply Kit in the trunk of your car.**
- Remember to replace food, water, and batteries; at least every six months.**

Important Family Documents - Keep these records in a waterproof, portable container:

- Will, insurance policies, contracts deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card information
- Inventory of valuable household goods
- List of important telephone numbers
- Family records (birth, marriage, death certificates)

Special Items

- Weather Alert Radio and extra batteries**
- Travelers Checks
- Credit card
- Cash
- Change
- Formula
- Diapers
- Bottles
- Powdered milk
- Prescription medication(s)
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Sunglasses
- Games
- Books