

Family Disaster Supplies

Water

Store water in plastic containers (avoid containers that break or decompose, such as glass bottles or milk cartons). Store one gallon of water per person per day. Keep a minimum of a three-day supply for each person. Don't forget water for your pets!

Food

Select food that require little or no water, refrigeration, or cooking. Store a minimum of a three-day supply of non-perishable food. Include: ready-to-eat canned meats, fruits and vegetables; canned juices, milk, soup; high energy food such as peanut butter, jelly, crackers, granola bars, trail mix; hard candy, instant coffee, tea bags; foods for special diets, infants, elderly and pets.

First Aid Kit

Prescription medications
Several sterile gauze pads, assorted sizes
Roller bandages, assorted sizes
Scissors
Tweezers
Needle
Moistened towelettes
Antiseptic
Thermometer
Tongue blades

Adhesive bandages, assorted sizes
Petroleum jelly or other lubricant
Hypoallergenic adhesive tape
Safety pins, assorted sizes
Latex gloves, minimum 2 pair
Sunscreen
Aspirin
Anti-diarrhea medication
Antacid
Laxative

Tools & Supplies

Paper cups, plates, plastic utensils
Battery operated radio, extra batteries
Flashlight(s), extra batteries
Cash, change, traveler's checks
Can opener (non-electric)
Utility (Swiss-style) knife
Fire extinguisher
Pliers
Tape
Matches in waterproof container
Aluminum foil
Plastic garbage bags, ties
Paper, pencils
Toothbrushes

Shut-off wrench (turn off gas & water)
Whistle
Plastic sheeting
Small tent
Toilet paper
Soap, liquid detergent
Feminine supplies
Plastic bucket with tight lid
Disinfectant
Chlorine bleach
Plastic storage containers
Signal flare
Games, books
Toothpaste

Clothing & Bedding

One complete change of clothing per person
Sturdy shoes
Blankets or sleeping bags
Baby diapers

Gloves, hat
Thermal underwear
Sunglasses
Rain gear

Family Disaster Plan

Store your disaster supplies in a convenient place:

- use a large, covered trash can
- camping backpack, duffel bag

Pack essential supplies in an easy to carry bag in case of evacuation.

Keep a smaller version first aid kit in each vehicle.

Every family member should know where supplies are kept.

Every six months:

- Change stored water
- Rotate stored food
- Update contact phone list

Once a year:

- replace batteries
- update clothing

Pick two meeting places in case your family is separated by a disaster and you cannot return home.

Choose an out-of-the-area or an out-of-state relative or friend as a contact so every member of your family can stay in touch.

Know how to shut off water, gas and electricity at main switches. Practice with all responsible family members.

Meet your neighbors. Have a meeting and learn their skills (medical, technical). Discuss how you can assist each other, who has special needs, who can care for children if parents can't get home.

Important documents: wills, insurance policies, contracts, deeds, stocks, bonds, passports, social security cards, bank account numbers, credit card companies and numbers, household inventory, birth & marriage certificates. **Keep in waterproof, portable containers.**

Practice Your Plan

Following a disaster, help may be immediate
~ or it may be days ~

Are you prepared for an emergency until help arrives?