

Disaster Kit Check List

Disaster Supply Kit

When a disaster strikes there may not be time to develop a list of those things you will need, locate them and package them up. You should develop your list of needed supplies prior to the disaster. If possible, have supplies pre-packaged in water resistant containers so they are ready to go when needed.

Container / Storage Options

- ☐ Large, covered trash container
- ☐ Camping backpack
- ☐ Duffle bag
- ☐ Plastic, snap lid container sold at most variety stores

Water

- ☐ Large thermos type containers
- ☐ Empty, plastic water gallons such as the type sold at grocery stores containing commercial spring or distilled water. These containers are reusable if they have "screw on" type lids.
- ☐ Plan for a five-day supply of water.
- ☐ Pre-bottled water should be replaced every six months.
- ☐ Plan for a gallon of water a day per person.

Remember that water will be used not only for drinking, but also for food preparation and sanitation. *Don't under estimate your needs!*

Food

- ☐ Plan for a five-day supply of non-perishable foods
- ☐ Plan to use non-perishable foods that do not require refrigeration and need minimal preparation and water
- ☐ Use canned meats, fruits and vegetables
- ☐ Used canned Sterno for foods that require heating

First Aid Kit

During disasters we are more prone to injuries. Sources of injuries are plentiful: debris, broken glass, and hanging objects such as tree limbs, can cause even cautious people to have cuts and bruises. Also, without proper sanitation, illness can occur to health people.

Two kits are recommended, a kit for your home and a travel kit for each vehicle.

- ☐ Sterile adhesive bandages in assorted sizes
- ☐ Assorted sizes of safety pins
- ☐ Soap and cleansing agent
- ☐ Several pair of latex gloves
- ☐ Sunscreen
- ☐ 2-inch and 4-inch sterile gauze pads (4-6 of each)
- ☐ Triangular bandage
- ☐ Non-prescription drugs
- ☐ 2-inch sterile roller bandages (3 rolls)
- ☐ 3-inch sterile roller bandages (3 rolls)
- ☐ Scissors
- ☐ Tweezers
- ☐ Needle
- ☐ Moistened towelettes
- ☐ Antiseptic
- ☐ Thermometer
- ☐ Tongue blades
- ☐ Petroleum jelly

Non-Prescription Drugs

- ☐ Aspirin or non-aspirin pain reliever
- ☐ Anti-diarrhea medication
- ☐ Antacid
- ☐ Syrup of Ipecac (causing vomiting if advised to do so by the Poison Control Center)
- ☐ Laxative
- ☐ Activated charcoal (used under the advice of the Poison Control Center)
- ☐ Medicine dropper

Tools and General Supplies

- ☐ Mess kit, paper cups, plates and utensils
- ☐ Emergency information (pamphlets, brochures and other reference material)
- ☐ Cash, travelers checks, change (if electrical power is lost, credit cards cannot be used)
- ☐ Battery operated radio and extra batteries

- ☐ Non-electric can opening
- ☐ Fire extinguisher (ABC type)
- ☐ Tube tent
- ☐ Hammer
- ☐ Screw driver
- ☐ Pliers
- ☐ Wrench
- ☐ Tape (Duct and masking)
- ☐ Compass
- ☐ Matches in waterproof container
- ☐ Aluminum foil
- ☐ Plastic bags of various sizes (with zip lock top)
- ☐ Plastic storage bags
- ☐ Plastic storage container
- ☐ Signal flare
- ☐ Needles and thread
- ☐ Whistle (to signal)
- ☐ Plastic sheeting
- ☐ Various area maps

Sanitation

- ☐ Toilet paper
- ☐ Towelettes
- ☐ Liquid soap and detergent
- ☐ Feminine hygiene supplies
- ☐ Personal hygiene supplies
- ☐ Plastic bucket with tight lid (can serve as a toilet)
- ☐ Plastic garbage bags (toilet inserts)
- ☐ Disinfectant
- ☐ Household chlorine bleach

Clothing and Bedding

- ☐ Several days change of clothing
- ☐ Several pairs of strong shoes
- ☐ Rain gear
- ☐ Blanket or sleeping bags
- ☐ Cots or lounge
- ☐ Hat and gloves

- ☐ Sunglasses
- ☐ Thermal underwear in the winter

Special Needs Items

Remember the requirements of those family members with special needs. These can vary from dietary to walkers, and baby formula to prescription medicines.

Ask your doctor and pharmacist about storing prescription medicines

Baby Items

- ☐ Formula
- ☐ Diapers
- ☐ Bottles
- ☐ Powdered milk
- ☐ Medications

Adult Items

- ☐ Heart and high blood pressure medicine
- ☐ Insulin
- ☐ Other prescription drugs
- ☐ Contact lenses and cleansing supplies
- ☐ Extra sets of glasses

Entertainment

- ☐ Board games
- ☐ Books and magazines
- ☐ Playing cards
- ☐ Toys and dolls for small children

Important Documents

- ☐ Keep records in watertight plastic containers if possible
- ☐ Wills
- ☐ Insurance policies
- ☐ Contracts deeds
- ☐ Stocks and bonds
- ☐ Passport
- ☐ Social Security Card

- ☐ Immunization records
- ☐ Bank account numbers
- ☐ Credit card account numbers
- ☐ Inventory of valuable household goods
- ☐ Important telephone numbers
- ☐ Birth, marriage and death records