

Disaster Emergency Kits – Are you prepared?

Now is the time to begin preparing your disaster kit. Think practical first, and think comfortable second. All essential needs should be able to fit in a 5 gallon bucket. Absolute necessities include food, water and warmth. After your most basic needs, consider additional necessities to include in your emergency preparedness kit. When making additions to your family emergency kit, keep in mind that it should be easily transportable, accessible and close to an exit of the building. Emergency kits are designed to be the basis for some of the supplies you may have available when an emergency or disaster happens. While the materials included in the kit are a good start, there is no kit that can provide all the supplies that individuals may need in an emergency. Your kit should be based on your own personal needs. Some basic items to include are:

CLOTHING AND BEDDING

At least one complete change of clothing and footwear per person

Sturdy shoes or work boots

Blankets or sleeping bags

TOOLS AND SUPPLIES

Flashlight and extra batteries

Mess kit, or paper cups, plates and plastic utensils

Cash, traveler's checks, change

Non-electric can opener, utility knife.

Multi-function tool (Leatherman, etc)

Tape - Masking or duct

Matches in waterproof container

Needles and thread

Medicine droppers

Plastic sheeting

Map of area

Battery operated radio and extra batteries

Masks

Plastic storage containers

SANITATION

Toilet paper, towelettes

Soap, liquid detergent

Feminine supplies

Plastic garbage bags, ties

Plastic bucket with tight lid

Disinfectant

Diapers (If needed)

FOOD

Ready-to-eat canned meats, fruits and vegetables.

Canned juices, milk, soup (if powdered, store extra water)

Baby formula and vitamins

High energy foods - Peanut butter, jelly, crackers, granola bars, trail mix

Comfort/stress foods - Cookies, hard candy, sweetened cereals, instant coffee, tea bags.

SPECIAL ITEMS

Medications (both prescription and non-prescription), pain relievers, stomach remedies, etc. (Ask your physician/pharmacist about storing medications).

Extra eyeglasses, Important family documents (in a waterproof container), will insurance policies, contracts, deeds, stocks and bonds, Passports, social security cards, immunization records, bank account numbers, credit card numbers and companies, inventory of valuables, important telephone numbers, family records (birth, marriage, death certificates). Entertainment - Games, books, special needs supplies (infant, elderly, disabled).

WATER

Store one gallon of water per person, per day (two quarts for drinking, two quarts for food preparation/sanitation)