

Basic Disaster Supplies Kit

A basic emergency supply kit should include the following recommended items:

- [Water](#), one gallon of water per person per day for at least three days, for drinking & sanitation
- [Food](#), at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio & a NOAA Weather Radio with tone alert & extra batteries for both
- Flashlight & extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask to help filter contaminated air & plastic sheeting & duct tape to [shelter-in-place](#)
- Moist towel-ettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to [turn off utilities](#)
- Manual can opener for food
- Local maps
- Cell phone with chargers, inverter or solar charger

Additional Emergency Supplies

- **First Aid Kit**
- **Supplies for Unique Needs** - Once you have gathered the supplies for a basic emergency kit, you may want to consider adding the following items:
 - [Prescription medications](#) and glasses
 - Infant formula and diapers

- Pet food and extra water for your pet
- Cash or traveler's checks and change
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.
- Household chlorine bleach and medicine dropper – When diluted, nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates, paper towels and plastic utensils
- Paper and pencil
- Books, games, puzzles or other activities for children

In any emergency a family member or you yourself may suffer an injury. If you have these basic first aid supplies you are better prepared to help your loved ones when they are hurt.

Knowing how to treat minor injuries can make a difference in an emergency. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

- Two pairs of Latex or other sterile gloves if you are allergic to Latex
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes

- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Non-prescription drugs:

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative

Other first aid supplies:

- Scissors
- Tweezers
- Tube of petroleum jelly or other lubricant

Remember the unique needs of your family members, including growing children, when making your emergency supply kit and family emergency plan.

For Baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

For Adults:

- Denture needs
- Contact lenses and supplies
- Extra eye glasses

Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.

IT IS ALSO ESSENTIAL THAT YOU HAVE IN PLACE A FAMILY EMERGENCY PLAN

EACH PERSON SHOULD HAVE AN EASY TO ACCESS LIST OF EMERGENCY NUMBERS AND OTHER IMPORTANT INFORMATION INCLUDING:

- Emergency Contact Name & Phone
- Out-of-Town Contact Name & Phone
- Designated Neighborhood Meeting Place

Please take a copy of the FEMA templates for the above to use in your home and/or business.

KEEP THIS NUMBER HANDY – IT WILL BE THE CONTACT # FOR EMERGENCY INFORMATION IN ALL FUTURE EVENTS:

845-586-1115