Disaster Supplies

Disaster happens anytime and anywhere. And when disaster strikes, you may not have much time to respond. A highway spill of hazardous material could mean instant evacuation. A winter storm could confine your family at home. An earthquake, flood, tornado or any other disaster could cut off basic services - gas, water, electricity and telephones - for days.

You can cope best by preparing for disaster before it strikes. One way to prepare is to assembly a Disaster Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.

Water

Water should be stored in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as mason jars, or glass bowls. Never ration water. Drink the amount you need today, and try to find more for tomorrow.

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

Food

Store at least a three day supply of non-perishable food. Select foods that require no refrigeration, cooking preparation. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supply Kit:

- Ready-to-eat canned meats, fruits and vegetables.
- Smoked or dried meats such as beef jerky.
- Juices - canned, powered or crystallized.
- Soups - bouillon cubes or dried "soups in a cup".
- Milk - powdered or canned.
- Staples - sugar, salt, pepper.
- High energy foods - peanut butter, jelly, crackers, nuts, health food bars, and trail mix.
- Stress foods - sugar cookies, hard candy, and sweetened cereals.
- Vitamins

First Aid Kit

You should have two first aid kits - one for your home, the other for your car, if you have one. An emergency first aid kit should include:

• Sterile adhesive bandages in assorted sizes.
• 3-inch sterile gauze pads (8-12).
• 2-inch sterile gauze pads (8-12).
• Triangular bandages (3).
• Hypoallergenic adhesive tape.
• 2-inch sterile roller bandages (3 rolls).
• Scissors.
• Tweezers.
• Needle.
• Safety razor blade.
• Moistened towel (8-10 individual packages).
• Bar of soap.
• Antiseptic spray.
• Thermometer.
• Tongue blades and wooden applicator sticks.
• Tube of petroleum jelly or other lubricant.
• Assorted sizes of safety pins.
• Cleansing agent - soap.
• Latex gloves.
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	• Non-prescription drugs
	  o Aspirin or non-aspirin pain reliever.
	  o Anti-diarrhea medication.
	  o Antacid (for stomach upset).
	  o Emetic (use to induce vomiting if advised by the Poison Control Center).
	  o Laxative.
	  o Eye wash.
	  o Rubbing alcohol.
	  o Antiseptic or hydrogen peroxide.
	  o Activated charcoal (use if advised by the Poison Control Center).

Tools and Supplies

Mess kits, or paper cups, plates and plastic utensils.	Sanitation:
Emergency preparedness manual	Toilet paper, Paper Towel.
Battery operated radio and extra batteries.	Soap, liquid detergent.
Flashlight and extra batteries.	Feminine supplies.
Cash or traveler's checks, change.	Personal hygiene items.
Non-electric can opener, utility knife.	Plastic garbage bags, ties.
Fire extinguisher: small canister, ABC type.	Small shovel, for digging an expedient latrine.
Tube tent.	Plastic bucket with tight lid.
Pliers.	Disinfectant.
Tape.	Household chlorine bleach
Compass.	
Matches in a waterproof container.	
Aluminum foil.	
Plastic storage containers.	
Signal flare.	
Paper, pencil.	
Needs, thread.	
Medicine dropper.	
Shut-off wrench, to turn off household gas and water.	
Plastic sheeting.	

Clothing and Bedding

Include at least one complete change of clothing and footwear per person.

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

Special Items

Remember family members with special needs such as infants, elderly or disabled individuals.

For Baby

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

For Adults

- Heart and high blood pressure medication.
- Insulin.
- Prescription drugs.
- Denture needs.
- Contact lenses and supplies.
- Extra eye glasses.

Entertainment

- Games for children; books for adults.

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 account numbers and companies.
- Inventory of valuable household goods, important telephone numbers.
- Family records (birth, marriage, death certificates).

Suggestions and Reminders

- Keep the items that you would most likely need during an evacuation in a easy- to - carry container, such as a large covered trash container, camping backpack or a duffel bag.
- Store your kit in a convenient place, known to all family members. Keep a smaller version of the Disaster Supplies kit in the trunk of your car.
- Keep items in air tight plastic bags.
- Change your stored water supply every three months so it stays fresh.
- Rotate your stored food every six months.
- Re-think your kit and family needs at last once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.
- Contact your local American Red Cross to obtain a basic first aid manual.