



# Supplies In Case of Emergency

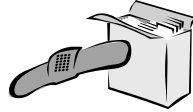


## Emergency Supplies Checklist

Stocking up emergency supplies can add to your safety and comfort during and after a disaster. Store enough supplies for at least 72 hours.

### Essentials

- Water – 1 gallon per person per day (a week's supply of water is preferable)
- Water purification kit
- First aid kit, freshly stocked
- First aid book
- Food
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medications
- Extra pair of eyeglasses
- Extra pair of house and car keys
- Fire extinguisher – A-B-C type
- Food, water and restraint (leash or carrier) for pets
- Cash and change



Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices

### Sanitation Supplies

- Large plastic trash bags for waste; tarps and rain pouches and large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine hygiene supplies
- Toilet paper
- Household bleach



### Food

Store enough emergency food to provide for your family for at least 3 days. Avoid foods that require a lot of water, refrigeration or cooking. Recommended Foods Include:

- Ready-to-eat canned meats, fruits and vegetables or instant meals that don't require cooking or water.
- Canned juices, milk and soup.
- High-energy foods, such as peanut butter, jelly, crackers, granola bars and trail mix.
- Comfort foods; hard candy, sweetened cereals, candy bars and cookies.
- Dried foods (select carefully as some have a high salt content).

### Safety, Comfort & Miscellaneous

- Sturdy shoes & heavy gloves for clearing debris
- Garden hose for siphoning and firefighting
- Candles, matches & light sticks
- Change of clothing
- Knife or razor blades
- Tent
- A hat, and rain gear
- Recent pictures of family and children
- Copies of insurance and identification cards
- Paper, pens and tape for leaving messages (don't forget stamps)



### Tools and Supplies

- Axe, shovel, broom
- Adjustable wrench for turning off gas
- Tool kit including a screwdriver, pliers and a hammer
- Coil of 1/2" rope
- Plastic tape, staple gun and sheeting for window replacement
- Bicycle & a city map



### Cooking

- Plastic knives, forks, spoons
- Paper plates, cups and paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are not gas leaks; never use charcoal indoors)

### First Aid Kit

- Cleansing agent/soap and antibiotic towelettes to disinfect
- Prescription medications you take every day such as insulin, heart medicine, or asthma inhaler
- Two pairs of disposable gloves & scissors
- Sterile dressings to stop bleeding
- Burn ointment
- Antibiotic ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Over-the-counter medicines such as Aspirin, laxative, anti-diarrhea medication
- Prescribed medical supplies such as glucose monitoring equipment or blood pressure monitors





# Supplies In Case of Emergency



## Get 72-Hour Disaster Ready

In a major disaster, such as a flood, earthquake or hurricane, it typically takes three days (72 hours) for rescuers to locate all the people who need help, and begin to get that help to them. During this critical time, and until that help arrives, the individual must sustain themselves and their family by their own resources. Three days is, of course, only a rule of thumb, and good preparations would sustain a person much longer if they had to, which is sometimes necessary.

A 72-Hour Kit is an ensemble of tools and supplies needed to sustain life and minimize suffering. It may be configured to serve an individual, family or group. In concept it (1) contains water, food, clothing, shelter, supplies for sanitation, medical supplies, contact information, identification and other vital documents, aids to mobility & navigation, and comfort items. (2) It is packaged in a backpack or other carry-able container, and (3) it is assembled in advance, and kept in a safe but convenient location in the home or automobile where it can be grabbed on short notice. Your 72 – Hour kit should be something you can carry, traveling on foot, on short notice, in an evacuation, from which you may or may not return. It must meet all your physical needs for at least three days, without hindering you from traveling by any method of transportation, regardless of season, weather, darkness or help. A good 72 Hour Kit is adapted to your length and strength, your diet, your budget, your options as a refugee, your climate and season--your life.

Your kit may be configured to serve a family or group, but normally it would be tailored to serve the needs of an individual and his or her responsibilities, and each person in the group would have their own personalized 72-Hour Kit. Be sure to include ALL family members—elderly, kids, individuals with functional needs and/or pets! The list on the back is *recommended* items and not necessarily comprehensive or required. Use it as a guidelines to create your own kits.

**Check out [www.ready.gov](http://www.ready.gov) for more information about getting prepared.**