

**BASIC EMERGENCY SUPPLY KIT—96 HOURS**

- One gallon of water, per person per day, for drinking and sanitation
- Four-day supply of non-perishable food per person
- Battery-powered or hand crank radio
- Bleach (regular household liquid) that contains 5.25 to 6.0 percent sodium hypochlorite
- Books, games, puzzles or other activities
- Cash or traveler's checks and change
- Cell phone with charger (solar charger)
- Dust mask to help filter contaminated air
- First aid kit with bandages; alcohol; pain reliever; anti-diarrhea medication; antacid; laxative
- Flashlight and extra batteries
- Health support items such as hand sanitizer, bug spray, chap stick, sunblock
- Incontinent supplies for adults; infant formula and diapers for babies; pull-ups for toddlers
- Local maps
- Manual can opener
- Moist towelettes/baby wipes, garbage bags and plastic ties for personal sanitation
- Paper cups, paper plates, paper towels and plastic utensils
- Personal hygiene items
- Pet food, kitty litter/litter box, beds, blankets, and extra water for your pets
- Plastic sheeting, scissors, and duct tape to shelter-in-place
- Toilet paper
- Whistle to signal for help
- Wrench or pliers to turn off utilities

**NOTE:** Don't forget to keep all prescription and over-the-counter medications together so you can monitor from home and easily grab the container if you need to change location or evacuate. Prepare a list of all allergies for each person and keep with the medical items. Keep an extra copy of all vaccination records for children and pets.

**NOTE:** Keep a current list of all adaptive equipment family members need along with the brand and serial #'s if applicable. Label any equipment (wheelchairs, canes and walkers) with your name and contact information. Posting this list with your fire drill evacuation plan will ensure all equipment is remembered in an emergency.

**OTHER SUPPLIES YOU MIGHT WANT TO ADD TO YOUR BASIC EMERGENCY KIT:**

- Complete change of clothing for each person including a long sleeve shirt, long pants and sturdy shoes.
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container.
- Matches in a waterproof container
- Sleeping bag or warm blanket for each person.
- Writing paper and pens/pencil
- Jars of baby food

**EXPANDED FIRST AID KIT**

Knowing how to treat minor injuries can make a difference in an emergency. Having the following things can help you stop bleeding, prevent infection and assist in decontamination:

- Adhesive bandages and wraps in a variety of sizes
- Antibiotic ointment
- Box of sterile gloves
- Burn ointment
- Cleansing agent/soap and antibiotic towelettes
- Eye wash solution to flush the eyes or as general decontaminant
- Hemostatic/Blood Clotting powder
- Sterile dressings to stop bleeding
- Sunglasses, an extra pair of eyeglasses and hearing aid batteries.
- Thermometer
- Tube of petroleum jelly or other lubricant
- Tweezers

**PREPARE MULTIPLE KITS SINCE YOU DON'T KNOW WHERE YOU'LL BE WHEN AN EMERGENCY OCCURS.****VEHICLE**

- AM/FM battery operated radio to listen to traffic reports and emergency messages, extra batteries
- Blankets or sleeping bags
- Cat litter or sand for better tire traction in water or snow
- First aid kit and necessary medications in case you are away from home for a prolonged time
- Flashlights and extra batteries
- Food items containing protein such as nuts and energy bars; canned fruit and a manual can opener
- Ice scraper to remove ice, snow, mud
- Jumper cables
- Shovel
- Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes
- Water for each person and pet

**MAINTAINING YOUR KIT**

Re-think your needs every quarter and update your kit as your family's needs change.

Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack or duffel bag.

- Change stored food and water supplies every three—six months & write the new date on each container.
- Keep canned food in a cool, dry place.
- Place new items at the back of the storage area and older ones in the front.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and extend shelf life.
- Throw out any canned goods that becomes swollen, dented or corroded.
- Use foods before they go bad and replace them with fresh supplies.