

# FAMILY DISASTER SUPPLIES KIT

*Perishable items should be changed or replaced every six months.*

## Essentials:

- Battery-operated radio
- Flashlight
- Extra batteries

## Water:

- 5 gallons per person, minimum, in a food-grade plastic container
- Additional water for sanitation

## Food:

- Minimum 5 to 7 day supply of non-perishable food that requires no preparation
- Dry cereal
- Peanut butter
- Canned fruits
- Canned vegetables
- Canned juice
- Ready-to-eat canned meats
- Ready-to-eat soups
- Quick energy snacks

## First-Aid Kit:

- Scissors
- Sun screen
- Thermometer
- Tweezers
- Needle
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Moistened towelettes
- Assorted sizes of safety pins
- Two-inch sterile gauze pads (4-6)
- Two-inch sterile roller bandages (3 rolls)
- Triangular bandages (3)
- Tube of petroleum jelly
- Sterile adhesive bandages
- Laxative
- Anti-diarrhea medication
- Aspirin or non-aspirin pain reliever
- Antacid (for stomach upset)
- Antibiotic ointment

## Sanitation:

- Disinfectant
- Household chlorine bleach
- Soap, liquid detergent
- Personal hygiene items
- Feminine supplies
- Plastic bucket with tight lid
- Toilet paper, towelettes, paper towels
- Plastic garbage bags, ties

## Tools and Supplies:

- Whistle
- Aluminum foil
- Crowbar
- Compass
- Paper, pencil
- Plastic sheeting
- Medicine dropper
- Needles, thread

- Signal flare
- Matches in a waterproof container
- Assorted nails, wood screws
- Pliers, screwdriver, hammer
- Plastic storage containers
- Heavy cotton or hemp rope
- Cash or traveler's checks, change
- Map of the area (for locating shelters)
- Non-electric can opener, utility knife
- Paper plates and plastic utensils
- Tape, duct and plumber's tape
- Patch kit and can of seal-in-air for tires
- Wrench to turn off gas and water

## Clothing and Bedding:

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

## For Baby:

- Formula
- Diapers
- Bottles
- Medication
- Powdered milk

## For Pets:

- Food
- Leash, harness and carrier
- Records of vaccinations
- Non-tippable food and water bowls

## Important Family Documents:

- Important telephone numbers
- Record of bank account numbers
- Family records
- Inventory of valuable goods
- Copy of will, insurance policies, contracts, deeds, stocks and bonds
- Record of credit card accounts
- Copy of passports, Social Security cards, immunization records

## Family Medical Needs:

- Insulin
- Prescription drugs
- Denture needs
- Extra eye glasses
- Contact lenses and supplies

## IMPORTANT PHONE NUMBERS:

- My water provider is \_\_\_\_\_  
phone # \_\_\_\_\_ (check water bill)
- My electric provider is \_\_\_\_\_  
phone # \_\_\_\_\_ (check electric bill)
- My gas provider is \_\_\_\_\_  
phone # \_\_\_\_\_ (check gas bill)
- My garbage and debris pick-up is provided by \_\_\_\_\_  
phone # \_\_\_\_\_ (call SWA page 13)