

FAMILY DISASTER KIT MATERIALS

When preparing for an emergency situation, it is imperative to think first about the basics of survival.

Below is a list of recommended items to include in an emergency kit:

CONTAINER:

- First Aid kit
- Flash light (extra batteries)
- Manual can opener
- Utility knife
- Fire extinguisher, small ABC
- Aluminum foil
- Paper and pencil
- Needles and thread
- Shut off wrench for gas and water
- Whistle
- Plastic sheeting
- Family special items (personal medical items)
- Cash

- Candles (oil lanterns)
- Matches in a plastic bag
- Hot & cold capable cups
- Plastic plates
- Plastic utensils
- Plastic storage containers (Zip-loc bags, Tupperware)
- Battery powered radio (extra batteries)
- Duct tape
- Clothing and bedding
- Tools and supplies
- Toilet paper
- Garbage bags for personal sanitation uses
- Personal hygiene items
- Disinfectant
- Special items (formula, diapers, bottles, powdered milk, medications)
- Pet food

ADULTS:

- Medications
- Insulin
- Denture needs

- Contact lenses and supplies
- Glasses

ENTERTAINMENT:

- Cards
- Games

CLOTHING:

- One complete change of clothing and footwear per person
- Hat and gloves

FOOD:

- Non perishable can goods (meats, fruits, vegetables, juices, soup)
- Foods needing refrigeration is not an issue if family is large enough and can eat the item in one opening
- High energy food (peanut butter, crackers, jelly, granola bars)
- Water (one gallon per person per day, includes food prep and sanitation. Minimum of 3 days per person)
- Staples (salt, pepper, sugar)
- Vitamins
- Special diet needs
- Comfort/Stress foods (cookies, hard candy, sweetened cereals, instant coffee, tea bags)
- Can of Sterno for heating food

1. A three day to a two-week supply is necessary, depending on your local community history of disaster and response.
2. Make sure you are prepared for all the people in your house plus the possibility that you might have neighbors with you.
3. Place your family disaster kit in one central location.
4. Rotate food every six months.
5. Change stored water every six months.