



< Hope for the best, and prepare for the worst >

DISASTER SUPPLY KIT CHECKLIST

Here is a list of supplies you should always have in the event of any disaster.

Disaster Kit



FIRST AID KIT

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant

NON-PRESCRIPTION DRUGS

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- Laxative

STORAGE CONTAINERS

- A large, covered trash container
- A camping backpack
- A duffle bag.

FOOD & WATER

- Water 11 litres/per-person/per-day (Store water in plastic containers) Change your stored water supply every six months so it stays fresh.
- Non-perishable food or ready to eat canned food and juices (Store at least a three-day supply) Replace your stored food every six months.
- Snack foods for kids
- Non-electric can opener
- Baby food

TOOLS AND SUPPLIES

- Paper cups, plates, and plastic utensils
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash, change
- Utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pen, pencil
- Needles, thread
- Medicine dropper
- Whistle
- Plastic sheeting

DOCUMENTS

- Keep these records in a waterproof, portable container:
 - Will, insurance policies, contracts deeds, stocks and bonds
 - Passports, immunization records
 - Bank account numbers
 - Credit card account numbers and companies
 - Family records (birth, marriage, death certificates)
- Inventory of valuable household goods, important telephone numbers

SANITATION

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

FOR ADULTS

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

FOR BABY

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

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
- Sunglasses

OTHER

- Pet care items (supply of food)

SPECIAL ITEMS

- Remember family members with special requirements, such as infants and elderly or disabled persons

STORAGE OF KIT

- 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.

It's only a disaster if you're not prepared