

## Water

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- If you live in a warm weather climate more water may be necessary.
- Store water tightly in clean plastic containers such as soft drink bottles.
- Keep *at least* a three-day supply of water per person.

## Food

- Store *at least* a three-day supply of non-perishable food.
- Select foods that require no refrigeration, preparation or cooking and little or no water.
- Pack a manual can opener and eating utensils.
- Choose foods your family will eat like ready-to-eat canned meats, fruits and vegetables, protein or fruit bars, dry cereal or granola.

## Clean Air

### *Nose and mouth protection*

- Face masks or dense-weave cotton material that **snugly covers your nose and mouth** and is specifically fit for each member of the family. Do whatever you can to make the best fit possible for children. Be prepared to improvise with what you have on hand to protect your nose, mouth, eyes and cuts in your skin. Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency.

## **First Aid Kit**

### *Things you should have:*

- Two pairs of Latex, or other **sterile gloves** (if you are allergic to Latex).
- **Sterile dressings** to stop bleeding.
- **Cleansing agent/soap** and antibiotic towelettes to disinfect.
- **Antibiotic ointment** to prevent infection.
- **Burn ointment** to prevent infection.
- **Adhesive bandages** in a variety of sizes.
- **Eye wash solution** to flush the eyes or as general decontaminant.
- **Thermometer**.
- **Prescription medications** you take every day such as insulin, heart medicine and asthma inhalers. You should periodically rotate medicines to account for expiration dates.
- **Prescribed medical supplies** such as glucose and blood pressure monitoring equipment and supplies.

### *Things it may be good to have:*

- Cell phone.
- Scissors.
- Tweezers.
- Tube of petroleum jelly or other lubricant.

### *Non-prescription drugs:*

- Potassium Iodide.
- Aspirin or nonaspirin pain reliever.
- Anti-diarrhea medication.
- Antacid (for upset stomach).
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center).
- Laxative.
- Activated charcoal (use if advised by the Poison Control Center).

## Supply Checklists

### *Basic supplies*

- **Flashlight** and extra **batteries**
- Battery powered **radio** and extra batteries
- Plastic **garbage bags**, ties and toilet paper for personal sanitation
- **First aid kit**
- **Map** of the area for evacuation or for locating shelters
- A **whistle** to signal for help
- **Moist towelettes**

### *Clothing and bedding*

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies once a year to account for growing children and other changes.

Have at least **one complete change of warm clothing** and shoes per person including:

- A jacket or coat.
- Long pants.
- A long sleeve shirt.
- Sturdy shoes.
- A hat and gloves.
- A **sleeping bag** or warm blanket for each person.

### *Tools*

The basics of survival: water, food, and clean air are essential, but some of the following items may make a time of crisis more comfortable:

- Emergency reference material such as a first aid book or a print out of this information.
- Mess kits, or paper cups, plates and plastic utensils.
- Cash or traveler's checks, change.
- Non-electric can opener, utility knife.
- Paper towels.
- Fire extinguisher: small canister, ABC type.
- Tube tent.
- Pliers.
- Compass.
- Matches in a waterproof container.
- Aluminum foil.
- Plastic storage containers.
- Signal flare.
- Paper, pencil.
- Medicine dropper.
- Shut-off wrench, to turn off household gas and water.

### ***Sanitation***

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

You can use bleach as a disinfectant (diluted 9 parts water to one part bleach), or in an emergency you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

### ***Important Family Documents***

- Keep copies of important family records such as insurance policies, identification and bank account records in a waterproof, portable container.