



Create a Disaster Supply Kit

Use kit if evacuating or staying put in a disaster!



When preparing for a disaster, use the “15 minute rule”. This rule states that essential things you need to evacuate or prepare for a disaster should take you 15 minutes or less to get together. To make sure that items are readily accessible: (a) assemble the supplies in easy-to-carry containers like backpacks and duffle bags, (b)

have important papers already packed in waterproof containers, and (c) have plastic sheeting easily available if needed.

Use this checklist to prepare your family disaster supplies kit.

Household Items

- Battery-powered radio
- Battery-powered flashlights
- Extra batteries
- Cash or Travelers Checks and change
- Map to follow evacuation routes/ find shelters
- Minimum 3-day supply of nonperishable, packaged or canned food (e.g. Canned or dried juice mixes, powdered or canned milk, peanut butter, jelly, crackers, unsalted nuts, trail mixes, cereals, rice, cookies, hard candies, instant coffee, tea bags)
- Basic food seasoning (salt/pepper)
- Manual can opener
- Paper plates
- Cups
- Minimum 3-day supply of bottled drinking water – one gallon of water per person per day. Don't forget water for pets. Store water in sealed unbreakable containers. Replace every 6 months.
- First Aid Kit
- Fire extinguisher (small ABC type)
- Duct tape
- Waterproof matches
- Sewing kit
- Plastic storage containers
- Paper, pencils and pens
- Aluminum foil
- Plastic sheeting/tarps
- Basic tool kit (adjustable wrench, screwdrivers, hammer, etc.)



Family Documents (stored in a water-proof container or zip-lock bags):

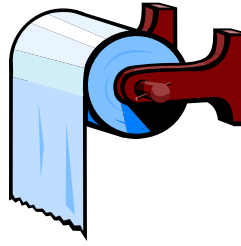
- Birth Certificates
- Marriage Certificates
- Death Certificates
- Ownership Documents
- Insurance Policies
- Passports/ Visas
- Social Security Cards
- Bond/Stock Issues
- Wills/ Living Trusts
- Medical Records/ Children's vaccinations histories
- Photocopies of all cards carried in wallet
- Backup disks of computer information
- Irreplaceable photographs/videotapes/family heirlooms
- Inventory of personal property for filing insurance claims. List everything and include receipts of big-ticket items.
- Videotape or photos of home(s) contents to supplement your written inventory of your home.



- Clothing and Bedding (For Each Family Member)
- Sturdy shoes or work boots
- Rain gear
- Blankets and sleeping bags
- Hat and work gloves
- Thermal underwear
- Sunglasses
- Insect repellent and sun screen

Sanitation Supplies

- ❑ Toilet paper, towelettes
- ❑ Soap, liquid detergent
- ❑ Feminine supplies
- ❑ Personal hygiene items
- ❑ Plastic garbage bags with ties
- ❑ Plastic bucket with tight lid
- ❑ Disinfectant
- ❑ Unscented household bleach



Baby Needs

- ❑ Disposable Diapers
- ❑ Formula
- ❑ Bottles
- ❑ Powdered milk
- ❑ Medications
- ❑ Changes of clothing



Adult/Elderly Needs

- ❑ Extra Months' supply of prescription medicine refills (Store in easily accessible bag in medicine cabinet, rotate pills as prescription is refilled).
- ❑ Walkers/ Wheelchairs/canes
- ❑ Denture Needs
- ❑ Extra set of prescription glasses/ contacts.
- ❑ Don't forgot these odds and ends...
- ❑ Entertainment – Books, Toys, and Games
- ❑ Extra set of car keys.

Storing your Kit

Choose a cool, dark location in which to store your kit (i.e. a closet or “safety corner” in the garage). If you live in an apartment or have limited space, be innovative. Other possible storage locations include under stairways or in a large box or plastic tub that can be covered with a tablecloth and used as an end table.

Layer and Monitor Your Supplies

Layer supplies and keep them together in a container such as a plastic garbage can with wheels. Check the items every 6 months for expiration dates, changes in your children's clothing sizes and weather requirements. A good way to remember to inspect your kit is to do it when you set your clocks back and change your smoke detector batteries.

Use What you already have



Use what you already have and prepare as if you are going camping for 3 days in the mountains with no facilities. If you are a camper, you have a head start: camping supplies, tent, camp stove, and water jugs can double as emergency supplies.



Tips for Storing and Using Water

Purify water by boiling it for 5 –10 minutes or by adding drops of unscented household bleach containing 5.25% hypochlorite. FEMA recommends using 16 drops of bleach per one (1) gallon of water. Purification tablets or a filter system designed for backpackers also work well. Store water in plastic three-liter soda bottles instead of plastic milk-type jugs. Milk jugs will breakdown over time, while soda bottles last considerably longer. Consider freezing water so it will last until needed. Frozen water also can be used for non-emergency situations like camping, fishing, hunting, etc. However, don't forget to replace the water jugs when you get home.



Practice and Maintain Your Plan.

Without practice and maintenance, your family risks forgetting its disaster plan, and your disaster supplies will expire or be ruined. Use this schedule to remember to practice and maintain your plan.

Every Month

Test Your Smoke Alarms.

Every 6 Months

Go over Family Disaster Plan and do escape drills. Quiz children. Replace stored food and water. Make sure to rotate clothing according to the season.

Every year

Wash blanket/clothing supplies. Replace batteries in smoke alarms.