

Family Disaster Kit Checklist

Water

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation and sanitation)
- Keep at least a three-day supply of water for each person in your household

Food

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples – sugar, salt , pepper
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops
- Instant coffee, tea bags

First Aid Kit

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

Non-Prescription Drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for stomach upset)
- 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)

Tools / Supplies

- Mess kits, or paper cups, plates and plastic utensils
- Tape
- Emergency Preparedness manual

- Pliers
- Battery-operated radio and extra batteries
- Compass
- Flashlight and extra batteries
- Whistle
- Cash or traveler's checks, change
- Tube tent
- Non-electric can opener, utility knife
- Signal flare
- Fire extinguisher: small canister, ABC type
- Paper/pencil
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Plastic sheeting
- Insect Repellant
- Map of the area (for locating shelters)

Sanitation

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

Clothing and Bedding

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

Special Items (For Baby)

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

Special Items (For Adults)

- Heart and high blood pressure medication

- Insulin
- Prescription drug
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Entertainment – games and books
- Important Family Documents (keep these records in a waterproof, portable container)
 - Will, insurance policies, contracts, deeds, stocks and bonds
 - Passports, social security cards, immunization records
 - Bank account numbers
 - Credit card account numbers and companies
 - Inventory of valuable household goods, important telephone numbers
 - Family records (birth, marriage, death certificates)

Suggestions and Reminders

- 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
- Keep items in air-tight plastic bags
- Change your stored water supply every six months so it stays fresh
- Rotate your stored food every six months
- Review your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications
- Create a list of “can’t live without” items that you would want to grab in a moments notice if you have to evacuate in a hurry. Each member of the family should be allowed a few items (keepsakes, photo albums, etc.) that will fit in the car with you.

Other reminders:

- Have a map that shows emergency shelters, and a map for evacuation routes
- Check with your doctor or pharmacist for extra prescription medications before a hurricane so you don’t run out during a disaster or evacuation.
- Have a plan with your family where to meet if a disaster happens while you are at work or school and can’t get back into your neighborhood
- Have a plan with your family who to contact out of state in case of disaster. If a disaster happens and your family is separated, have a family member or friend out of state the entire family is to contact.
- If there is a possibility of a hurricane coming to your area, be sure to have cash or travelers checks with you. If the power is out you will not be able to get money out of the bank.
- If there is a possibility a hurricane coming to your area, be sure to fill your gas tank. If power is out the gas pumps will not work.
- Make sure you have a list of phone contacts with you.
- Make sure you have important papers or copies of important papers with you if you evacuate. Possibly also have important papers or copies in a bank Safety Deposit Box. If your home is in an area affected by a disaster, you may need to prove you live in that area.