

# Are you ready?

When disaster strikes, it pays to be prepared. Having a disaster kit prepared will save you time and could save your life. A disaster kit should be in your *designated shelter* and it would also be helpful to have a smaller version in a small backpack or other containers that are easily carried if you need to evacuate your home. Disaster kits should be reviewed annually to be kept up-to-date with your family's needs. Items in your kit should include, but are not limited to:

### **Staple Items**

#### □ 3 day supply of water (1 gallon per person per day)

- □ 3 day supply of nonperishable, ready to eat food
  - items and manual can opener
    - High energy foods, e.g. peanut butter
    - Juices and dried milk
    - Sugar, salt and pepper
- □ First Aid Kit (see list for individual items)
- □ Flashlight and extra batteries, or ones that generate their own energy by shaking them
- Battery operated or hand crank radio □ NOAA All-Hazard Weather Radio
- □ Clothing— Think about the climate; warm and/or cool season clothes
- $\square$  Shoes
- □ Sanitation and hygiene items (such as hand sanitizer, moist towelettes and toilet paper)
- Matches in waterproof container
- □ Whistle
- $\square$  Blankets
- □ Other tools (e.g. hammer and pliers)
- □ Cash and coins
- Photocopies of important documents, personal ID's and credit cards FIRST AID ONLY
- □ Baby needs
- $\Box$  Special needs
  - Prescription medications, eye glasses,
  - □ Contact lens solution, etc.
- □ Games to pass the time (e.g. cards)
- □ Pet food and extra water



## **First Aid Kit**

- Sterile adhesive bandages in assorted sizes
- **2-inch** and 4-inch sterile gauze pads
- Hypoallergenic adhesive tape
- □ Triangular bandages
- □ Scissors & tweezers
- **2-inch** and 3-inch sterile roll bandages
- □ Waterless alcohol-based hand sanitizer
- □ Antiseptic wipes
- Petroleum jelly or other lubricant
- □ Latex gloves
- □ Anti-bacterial ointment
- Aspirin or non-aspirin pain reliever
- Antacid (for upset stomach)
- □ Cold pack
- □ CPR breathing barrier, such as a face shield
- □ Assorted sizes of safety pins



If you live in a cold climate, you must think about warmth. It is possible that you will not have heat during or after a disaster. Think about your clothing and bedding needs. Be sure to include one set of the following for each person to add to your disaster kit.

- Jacket or coat
- Long pants and long sleeve shirt
- $\Box$  Sturdy shoes
- Hat, mittens, and scarf
  Sleeping bag or warm
- blanket □ Extra blankets
- Lantern or flashlight



## Vehicle Disaster Kit

You may be in your vehicle when disaster strikes, or possibly stuck in your vehicle in a summer/winter environment. Below are a few items that you should keep in your car as part of your Vehicle Disaster Kit.

### Basic Supplies

- □ Flashlight and extra batteries
- □ Maps
- Small First Aid Kit
- White distress flag
- Tire repair kit
- Booster/jumper cables
- □ Air pump
- $\Box$  Flares
- □ Bottled water
- Non-perishable foods such as granola bars or canned soup

### Summer Supplies

- □ Sunscreen
- Shade item (umbrella or wide brimmed hat)
- Bug spray

### Winter Supplies

- Blanket or sleeping bag
- Hat and mittens
- □ Shovel
- □ Sand bags
- □ Tire chains
- Windshield scraper
- Florescent distress flag