



## Homeland Security/general preparedness



### Preparing a family disaster supplies kit

By taking the time to create a family disaster supplies kit, your family will be prepared in the event of a disaster. The kit also helps children feel more secure knowing it is there in case of an emergency. The supplies can be kept in a plastic tub, small suitcase, or other container.

#### Essentials

- cash and credit cards
- phone numbers and a map identifying safe places to go
- first aid kit and first aid manual
- battery-operated radio and extra batteries
- flashlight and extra batteries
- medications for family members

#### Water/food

- Keep at least a three-day supply of water.
- Store three gallons of water per person for each day.
- Store at least a three-day supply of nonperishable food.
- Select foods that require no refrigeration, preparation, or cooking and little or no water.

#### Sanitation

- sanitation/personal hygiene products such as toilet paper, soap, toothpaste, toothbrushes, and feminine hygiene supplies.
- paper towels
- plastic garbage bags and ties
- disinfectant

#### Clothing/bedding

- complete change of clothes and footwear for each family member
- blankets or sleeping bags

#### For babies

- formula
- diapers/wipes
- bottles

- powdered formula, milk or baby food
- medications

#### Medical needs

- supply of prescription medications such as heart and blood pressure medication and insulin
- aspirin or nonaspirin pain reliever
- antidiarrheal and antacid medication
- hearing aids and extra batteries, spare eyeglasses

#### Important documents (keep in a waterproof, portable container)

- copy of will, insurance policies, contracts, deeds, stocks and bonds
- copy of passports, Social Security cards, immunization records
- identification for each family member

#### Tools and supplies

- mess kits or paper cups; plates and plastic utensils
- kitchen tools (mechanical can openers, utensils...)
- tools such as pliers, screwdriver, hammer, crowbar, etc
- additional accessories such as pocket knife, duct tape, compass, matches in a waterproof container, safety goggles, whistle, paper and pencil
- an extra set of car keys
- entertainment such as games and books

#### Items for pets

- food
- additional water
- leash/harness
- identification tags
- medications
- litter/pan

**Have children create their personal pack.** Have them include things like their favorite book or stuffed animal. These familiar things will help keep them comfortable during an emergency.

Updated: 6/04