

DISASTER SURVIVAL GUIDE

Supply Kit Checklist

Water

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

Food

- D Ready-to-eat canned meats, fruits and vegetables
- D Canned juices, milk, soup
- D Staples: sugars, salt, pepper
- D High-energy foods: peanut butter, jelly, crackers, granola bars, trail mix
- D Vitamins
- D Food for infants, elderly persons or persons on special diets
- D Comfort/stress foods, cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

Tools and supplies

- D Mess kits, paper cups, plates and plastic utensils
- D Emergency preparedness manual
- D Battery-operated radio and extra batteries
- D Flashlight and extra batteries
- D Cash or travelers' checks, change
- D Non-electric can opener, utility knife

- D Fire extinguisher: small canister, ABC type
- D Tube tent
- D Pliers
- D Tape
- D Matches in a waterproof container
- D Aluminum foil, plastic storage containers
- D Signal flare
- D Paper, pencil, needles, thread, a medicine dropper
- D Shut-off wrench (to turn off house hold gas and water)
- D Whistle
- D Plastic sheeting
- D Map of area (for locating shelters)
- D Fully charged cell phone and extra batteries

Sanitation

- D Toilet paper, towelettes, soap, liquid detergent, feminine supplies, personal hygiene items, plastic garbage bags and ties (for personal sanitation uses), plastic bucket with tight lid, disinfectant and

household chlorine bleach

Clothin and beddin

- D Sturdy shoes or work boots, rain gear, blankets or sleeping bags, hat and gloves, thermal underwear and sunglasses

Special items

For baby

- D Formula, diapers, bottles, wipes and medications

For adults

- D Heart and high-blood pressure medication, insulin, prescription drugs, denture needs, contact lenses and supplies, extra eye glasses, entertainment games and books and important family documents

