

# Supplies

## In Case of Emergency

### Emergency Supplies Checklist

Stocking up emergency supplies can add to your safety and comfort during and after a disaster. Store enough supplies for at least 72 hours.

#### Essentials

- Water – 1 gallon per person per day (a week's supply of water is preferable)
- Water purification kit
- First aid kit, freshly stocked
- First aid book
- Food
- Can opener (non-electric)
- Blankets or sleeping bags
- Portable radio, flashlight and spare batteries
- Essential medications
- Extra pair of eyeglasses
- Extra pair of house and car keys
- Fire extinguisher – A-B-C type
- Food, water and restraint (leash or carrier) for pets
- Cash and change
- Baby supplies: formula, bottle, pacifier, soap and baby powder, clothing, blankets, baby wipes, disposable diapers, canned food and juices

#### Sanitation Supplies

- Large plastic trash bags for waste; tarps and rain pouches and large trash cans
- Bar soap and liquid detergent
- Shampoo
- Toothpaste and toothbrushes
- Feminine hygiene supplies
- Toilet paper
- Household bleach

#### Food

Store enough emergency food to provide for your family for at least 3 days. Avoid foods that require a lot of water, refrigeration or cooking. Recommended Foods Include:

- Ready-to-eat canned meats, fruits and vegetables or instant meals that don't require cooking or water.
- Canned juices, milk and soup.
- High-energy foods, such as peanut butter, jelly, crackers, granola bars and trail mix.
- Comfort foods; hard candy, sweetened cereals, candy bars and cookies.
- Dried foods (select carefully as some have a high salt content).

#### Safety, Comfort & Miscellaneous

- Sturdy shoes & heavy gloves for clearing debris
- Garden hose for siphoning and firefighting
- Candles, matches & light sticks
- Change of clothing
- Knife or razor blades
- Tent
- A hat, and rain gear
- Recent pictures of family and children
- Copies of insurance and identification cards
- Paper, pens and tape for leaving messages (don't forget stamps)

#### Tools and Supplies

- Axe, shovel, broom
- Adjustable wrench for turning off gas
- Tool kit including a screwdriver, pliers and a hammer
- Coil of 1/2" rope
- Plastic tape, staple gun and sheeting for window replacement
- Bicycle & a city map

#### Cooking

- Plastic knives, forks, spoons
- Paper plates, cups and paper towels
- Heavy-duty aluminum foil
- Camping stove for outdoor cooking (caution: before using fire to cook, make sure there are not gas leaks; never use charcoal indoors)

#### First Aid Kit

- Cleansing agent/soap and antibiotic towelettes to disinfect
- Prescription medications you take every day such as insulin, heart medicine, or asthma inhaler
- Two pairs of disposable gloves & scissors
- Sterile dressings to stop bleeding
- Burn ointment
- Antibiotic ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Over-the-counter medicines such as Aspirin, laxative, anti-diarrhea medication
- Prescribed medical supplies such as glucose monitoring equipment or blood pressure monitors