

# Family Disaster Kit

CSEPP

Know what to do.

One way to prepare ahead of time for a disaster is to assemble a family disaster kit. This kit should contain six basics – **water, food, first aid supplies, clothing and bedding, tools, and special items**. Keep items you would most likely need during an evacuation in an easy-to-carry container such as a large, covered trash can, a camping backpack or duffel bag. Suggested supplies for your kit are:

## Water

Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

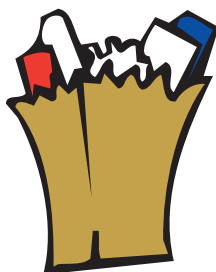


- Store one gallon of water per person per day (two quarts for drinking, two for food preparation and sanitation).
- Keep at least a three-day supply of water for each person in your household. Also keep a supply of water purifying agents in the kit.

## Food

Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, cooking, or preparation. Don't forget to pack a can opener.

- Milk – powdered or canned
- Canned meats, fruits and vegetables
- Soups – bouillon cubes or dried “soups in a cup”
- High energy foods – peanut butter, jelly, crackers, nuts, health food bars, trail mix
- Vitamins
- Smoked or dried meats
- Staples – sugar, salt, pepper
- Stress Foods – sugar cookies, hard candy, sweetened cereals



## First Aid Kit

You should have multiple first aid kits – one for your home and one for each car you drive.

A basic first aid kit should include:

- Sterile adhesive bandages
- 3-inch sterile gauze pads (8-12)
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 2-inch sterile gauze pads (8-12)
- Adhesive tape
- Scissors
- Tweezers
- Needle
- Bar of soap
- Moist towelettes (8-10 pkgs)
- Safety razor blade
- Antiseptic spray
- Thermometer
- Tongue depressor
- Petroleum jelly
- Safety pins
- Latex gloves
- Nonprescription pain relievers
- Anti-diarrhea medication
- Antacids
- Laxatives
- Rubbing alcohol
- Sunscreen

## Tools and Supplies

- Mess kits or paper cups, plates, and plastic utensils
- Radio and extra batteries
- Cash or traveler's checks, change
- Flashlight and extra batteries
- Utility knife
- Pliers
- Tape
- Compass
- Matches in waterproof container
- Aluminum foil
- Plastic storage containers
- Paper, pencils
- Needle, thread
- Medicine dropper
- Shut-off wrench to turn off water, gas
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)
- Toilet paper
- Towels
- Soap or liquid detergent
- Personal hygiene items

## Clothing and Bedding

Include at least one complete change of clothing and footwear per person, as well as these items:

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

Also consider packing: a small ABC type fire extinguisher, a tent, signal flares, plastic garbage bags and ties, a small shovel, a small plastic bucket with a tight fitting lid, disinfectant, and household chlorine bleach.

## Special Items

Remember family members with special needs such as infants, elderly or disabled persons.

### For Baby

- Formula
- Bottles
- Medications
- Diapers
- Powdered Milk

### For Adults

- Heart and high blood pressure medication
- Insulin
- Denture needs
- Extra eye glasses
- Prescription drugs
- Contact lenses and supplies

Also consider packing small games for children and books for adults. Copies of important family documents should be packed in a water proof, portable container.

These papers include:

- Wills, insurance policies, contracts, deeds, stocks and bonds
- Passports, Social Security cards, immunization records
- Inventory of valuable household goods, important telephone numbers
- Family records (birth certificates)

Store your kit in a convenient place known to all family members. Keep a smaller version in the trunk of your car. Keep the contents in air tight plastic bags. Stored water should be changed every three months so it stays fresh, and stored food should be rotated every six months. Ask your doctor or pharmacist about storing prescription medications.