



## **HOUSEHOLD (whole family) DISASTER KIT**

When organizing supplies for an emergency, remember that you may need to get to them after an emergency has turned your house into a mess. Store supplies in an easy to find location that has a minimal chance of being buried under falling objects. If you are short on space, a large trash can, stored in a utility room or just inside the garage (if you have an attached garage), for easy access, makes an excellent storage container (if you live in an apartment, the container can be hidden under a decorative tablecloth). Emergencies can happen at any time. Are you prepared right now? Have you checked expiration dates or rotated your food and water supplies in the last six months? If not, make time on your calendar to do so.

### **TIPS FOR FOOD:**

You can use the canned goods, dry mixes, and other staples non-perishable foods from your cupboard shelves. Be sure to check expiration dates and follow the practice of first-in, first-out. If purchasing food supplies, foods that require no refrigeration, water, special preparation, or cooking are best. Individuals with special diets and allergies will need particular attention, as will babies, toddler and the elderly. Nursing mother may need liquid formula, in case they are unable to nurse. In an emergency, when the power is out:

- Use perishable food from the refrigerator.
- Use the foods from the freezer.

Try to limit the number of times you open the freezer door, in a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days. Check to make sure the seal on your freezer door is still in good condition.

- Begin to use non-perishable foods and staples, then your emergency food supplies.



## **TIPS FOR WATER:**

A normally active person needs to drink at least two quarts (half gallon) of water each day. People in hot environments, children, nursing mothers, and ill people will require even more. You will also need water for food preparation and hygiene. Store at least one gallon per person, per day. Consider storing at least a seven (7) day supply of water for each member of your family. If you are unable to store this quantity, store as much as you can.

To prepare the safest and most reliable emergency supply of water, it is recommended that you purchase commercially bottled water. Keep bottled water in its original container, and do not open it until you need to use it. Store bottled water in the original sealed container, and observe the expiration or "use by" date.

If you are going to prepare your own water supply, it is recommended to only use food-grade water storage containers. It is not recommended to reuse or repurpose old soda, milk or other bottles or containers. Store water in cool dark areas.

It is recommended to use a commercially available "water preserver" which will stabilize the water for long term storage; if not using a water preserver, drain, clean and refill containers every six months. Always write the date you filled the water container so you can rotate as needed.

## **ESSENTIAL ITEMS:**

- Non-perishable Food (minimum of five (5) day supply, recommended seven (7) to ten (10) day supply per person – rotate as needed). You may also want to include any additional snacks (protein bars, granola bars, etc.)
- Water (minimum of five (5) day supply, recommended seven (7) to ten (10) day supply per person – rotate as needed). It is recommended you have one gallon of water per person/day.
- Families with infants should include: special dietary needs (formula, baby food, powdered milk), diapers, bottles, games, toys and other comfort items.
- Cash/Money-It is best to have small denominations & coins.



- Clothing ( jacket or sweatshirt as well as at least two changes of clothes, including undergarments – per person).
- Walking shoes and socks.
- Flashlights with batteries , chemical light sticks or matches in a waterproof container.
- Small radio (portable battery powered-crank or solar powered preferred).
- Extra batteries (in various sizes for your flashlights and radio).
- Small First-Aid Kit (assorted bandages, antiseptic, aspirin or non-aspirin pain reliever, antacid, anti-diarrhea medication, etc.).
- Sanitary supplies (hand sanitizer, disinfecting wipes).
- Prescription medication, health supplies and glasses if applicable. Make sure you have an extra pair of prescription glasses for anyone with glasses or contacts.
- Family members with disabilities or functional needs make sure to include comfort items to alleviate the stress and any other items needed.
- Copies of important family documents (identification, insurance policies, passports, social security cards, bank account records, will, contracts, deeds, stock/bonds, immunization records, etc.) stored in a waterproof bag or container.
- Roll of duct tape in case of any container leaks, etc.
- Gas Shutoff Tool or Emergency Multi-Tool.
- Families with pets or service animals should include a three (3) day supply of pet food and water. Copies of pet registration, vaccinations and other important documents. Also, make sure to include photos of your pet in case you are separated during an emergency, a collar with an ID tag, harness or leash.

**ADDITIONAL BASIC ITEMS:**

- Sleeping bags, blankets or space blankets.
- Plastic bags (assorted sized or zip-top close type bags).
- Plastic garbage bags (heavy duty, 30 gallon or larger and small kitchen size).
- Toilet paper.
- Wet wipes, baby wipes, etc. (for water free clean-up).
- Toiletry Supplies (towelettes, shampoo, toothpaste, deodorant, feminine supplies, etc.).



- Entertainment Pack- (family photos, notebooks, literature, deck of cards, games, coloring books and crayons for kids).
- Fire Extinguisher (dry chemical and a minimum size rating of 2A-10BC).
- Tent (or other temporary shelter option).
- Tarp (PVC or canvas, minimum two (2), 8" X 10")
- Plastic Sheeting Rolls (4mil. Thick – minimum 10" X 25")
- Work gloves and dust mask.

### **ADDITIONAL RECOMMENDED ITEMS:**

- Coil of Rope (25' – 50' of minimum ¼" thick).
- Tools
  - ✓ Ax/Maul
  - ✓ Crowbar or Claw Tool
  - ✓ Hammer and Nails
  - ✓ Screwdriver
  - ✓ Utility Knife
  - ✓ Adjustable Wrench or Pliers
  - ✓ Small Shovel (optional)
  - ✓ Small Broom (optional)
- Cheese Cloth (to strain particles from water)
- Local Road Map

This list contains the minimum recommended supplies needed for basic emergency preparedness; each emergency kit should be unique to the individuals that it will support. Consider additional items as needed to tailor the kits for your needs. Check expiration dates for food, water and medications and rotate as needed. Also, remember to consider emergency supplies for your pets or service animals.

**Please don't wait, start to put a kit together today!**