

Disaster Supply Kits

The list below can be adjusted for individuals and families. These kits are based on the FEMA publication, “*Are You Ready? An In-Depth Guide to Citizen Preparedness*,” where you can find more complete information. The most critical items for survival are water, clothing and shelter for cold weather, any essential medications and provision for safe disposal of human waste. *Rotation:* Change clothing, food, water and baby kit at the same time twice each year. Replace bleach once each year since its ability to disinfect diminishes over time. Store batteries in unopened original containers and replace when expired.

Water for each person

- At least 3 gallons (½ gallon for drinking, ½ gallon for cooking/sanitation per day)

In/on Backpack for each person

Clothing

- Coat
- Sturdy shoes or boots
- Complete change of clothes, including extra socks and underwear
- Thermal underwear
- Rain gear
- Hat and gloves
- Sun glasses

Toiletries

- Towelettes, soap, hand sanitizer
- Toothbrush and toothpaste
- Deodorant
- Brush, comb (hair bands, clips)
- Lip balm, lotion
- Sun screen
- Insect repellent
- Contact lens solution
- Mirror
- Extra pair of glasses or contact lens

Food

- Three-day supply of food requiring no refrigeration or cooking. For example:
- Ready-to-eat meats, fruits, vegetables
- Boxed juices, milk, soup
- Low-sodium crackers, granola bars, trail mix
- Hard candy, comfort foods
- Instant cocoa
- Cereals, powdered milk
- Foods for infants or persons on special diets

Other

- Essential medications
- Paper, pens, games, cards, books, toys
- Reflector blanket
- Flashlight + extra batteries

Shelter and Sleeping Kit

Store the following together in one place:

- Tube tent or small family tent, pegs, hammer
- Sleeping bags and/or blankets
- Pillow

Sanitation Kit to prevent spread of disease

- Medium sized plastic bucket with tight fitting lid (use for a toilet), Optional: Plastic toilet seat to fit on bucket
- Pack with the following:
 - Heavy-duty garbage bags and ties
 - Disinfectant and household chlorine bleach
 - Toilet paper
 - Feminine supplies
 - Towelettes, soap, hand sanitizer
 - Wash cloth and towel

First Aid Kit

- First Aid manual
- Bandages
 - adhesive, assorted sizes
 - 5" x 9" sterile dressing
 - conforming roller gauze bandage
 - triangular bandages
 - roll 3" cohesive bandage
- 3" x 3" sterile gauze pads
- 4" x 4" sterile gauze pads
- Germicidal hand wipes or waterless, alcohol-based hand sanitizer
- Antiseptic wipes
- Large medical grade latex gloves
- Tongue depressor blades
- Adhesive tape, 2" width
- Antibacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- Safety pins, assorted sizes
- Cotton balls
- Thermometer
- Tube of petroleum jelly or other lubricant
- Sun screen
- CPR breathing barrier, such as a face shield
- Nonprescription drugs
 - Aspirin and nonaspirin pain reliever
 - Antidiarrhea medication
 - Antacid (for stomach upset)
 - Laxative
- Prescriptions
- Consecrated oil

- Special needs for infants, elderly people or anyone with serious health conditions or allergies

Other

- Ammonia vials (for fainting)
- Calamine lotion, anti-itch lotion
- Hot water bottle

Equipment Kit

Tools

- Portable battery-powered radio or TV and extra batteries
- NOAA radio (if appropriate for your area)
- Flashlight and extra batteries
- Signal flare
- Matches in waterproof container (or waterproof matches)
- Duct tape
- Scissors
- Plastic sheeting
- Whistle
- Small fire extinguisher (A-B-C canister type)
- Compass
- Work gloves
- Paper, pens and pencils
- Needles and thread
- Battery-operated or wind-up travel alarm
- Small shovel (moved from Sanitation Kit)

Kitchen items

- Manual can opener
- Mess kits or paper cups, plates, plastic utensils
- All purpose knife
- Household bleach to treat drinking water
- Sugar, salt and pepper
- Aluminum foil and plastic wrap
- Re-sealable plastic bags
- Trash bags

If food must be cooked

- Small camp stove and fuel
- Small camp pot /pan set

Other

- Stirring/serving spoon
- Dish soap
- Laundry soap (in small baggie)
- Rope and clothes pins
- Rubber gloves (sensitive hands)
- Instruction manual on emergencies
- Saw or axe/hatchet

Documents and Keys

In watertight container:

- Personal identification
- Cash and coins
- Credit cards
- Extra set of house keys and car keys

Copies of the following:

- Birth certificate
- Marriage certificate
- Driver's license
- Social security cards
- Passports
- Wills
- Deeds
- Inventory of household goods
- Insurance papers
- Immunization records
- Bank and credit card account numbers
- Stocks and bonds
- Emergency contact list and phone numbers
- Map of the area and phone numbers of places you could go
- Contracts

Other

- Patriarchal blessings
- Scriptures
- Family History/Genealogy

Baby Kit

- Change of clothes, socks
- Baby blanket
- Baby wipes
- Pacifiers
- Coat and hat
- Formula and bottle
- Diapers

Car Kit

- Food and water
- Standard First Aid Kit
- Flares
- Jumper cables
- Seasonal supplies

Other

- Blanket
- Flashlight and batteries
- ½ tank gas minimum