

When a disaster strikes, you and your family may not have the time to get the necessary supplies ready. Therefore, you should put together a kit with basic life essentials to have in case of an emergency. There are six categories of items you should have in your disaster kit.

## Water

- Store water in clean plastic containers. Avoid using glass or cardboard.
- Store three gallons/person/day for 5-7 days (don't forget about pets).
- If possible, clean bathtubs and fill them with water.

## Food

- Store a 5-7 day supply of non-perishable food.
- Select foods that do not require refrigeration, preparation or cooking.
- Some suggestions are canned meats, fruits and vegetables, and dry grains.
- Be sure to have a manual can-opener available.

## First Aid

- Have a first aid kit for your home, car, and office that includes:
  - Adhesive bandages
  - Latex gloves
  - Sterile gauze pads (assorted sizes)
  - Antiseptic (such as Bactine)
  - Triangular bandages
  - Sunscreen
  - Tweezers
  - Non-Prescription medications

## Clothing & Bedding

- One complete change of clothing and footwear per person
- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags and pillows
- Hats and gloves
- Long-sleeve or thermal clothing
- Sunglasses

## Tools & Emergency Supplies

- Plastic plates, cups and utensils
- Battery operated /NOAA radio
- Flashlight with extra batteries
- Cash or traveler's checks
- Fire extinguisher
- Tool kit (including a wrench)
- Matches or lighters
- Tent/alternative shelter
- Whistle to signal for help

## Personal Items

- Items for sanitation, such as toilet paper, towelettes, feminine supplies, disinfectant, large trash bags and a bucket with lid.
- Items for a baby if you have one such as formula, diapers, bottles, powdered milk and medications
- Prescription medications, denture needs, contact lenses and supplies, extra glasses

