



EMERGENCY MANAGEMENT OFFICE NSA BAHRAIN



DISASTER SUPPLY KIT

Disasters can happen anytime and anywhere. If and when disaster strikes, you may not have much time to respond. A highway spill or hazardous material could mean evacuation. A severe dust storm could confine your family at home. Water, electricity, and telephones could be cut for days.



After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Would your family be prepared to cope with the emergency until help arrives?

Your family will cope best by preparing for disaster before it strikes. One way to prepare is by assembling a **Disaster Supply Kit**. Once disaster hits, you won't have time to shop or search for supplies. But if you have gathered supplies in advance, your family can endure an evacuation or home confinement.

This list is not all-inclusive. Please review and make additions/subtractions based on your family's situation and specific needs.

[Preparing Your Kit](#)

Review the checklist below. Gather the supplies that are listed. You may need them if your family is confined at home. There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items.

The Evacuation Kit and Move Aboard Kit should be kept as subsets of the Disaster Kit since a lot of items will overlap. Make sure that (where applicable) you have plenty of supplies to sustain yourself at-home, through a Move Aboard operation, and evacuation.

[Storing 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 quarts for food preparation/sanitation). Keep at least a three-day supply.

[Storing Food](#)

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Kit: Ready-to-eat canned meats, fruits, and vegetables

[Preparing a First Aid Kit](#)

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pairs)
- Sunscreen

- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Non-Prescription Drugs - Aspirin or nonaspirin pain reliever; Anti-diarrhea medication; Antacid (for stomach upset); Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center); Laxative; and Activated charcoal (use if advised by the Poison Control Center)

Preparing Tools and Supplies

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher: small canister ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Rags/bandanas to seal cracks and cover nose/mouth in the event of smoke or dust
- Map of the area (for locating shelters)

Preparing Sanitation Supplies

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Preparing Clothing and Bedding

- Include at least one complete change of clothing and footwear per person
- Sturdy shoes or work boots

- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses

Preparing Special Items

- Remember family members with special requirements, such as infants and elderly or disabled persons
- For Baby - Formula; Diapers; Bottles; Powdered milk; and Medications
- For Adults - Heart and high blood pressure medication; Insulin; Prescription drugs; Denture needs; Contact lenses and supplies; and Extra eye glasses
- Entertainment - Games and books

Storing your Disaster Supplies Kit

- Store your kit in a convenient place known to all family members.
- Keep a smaller version of the Disaster Supplies Kit in the trunk of your car.
- Keep items in airtight plastic bags.
- Change your stored water supply every six months so it stays fresh.
- Replace your stored food every six months.
- Re-think your kit and family needs at least once a year.
- Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.