

# Disaster Supplies Checklist

The following short list is to help you determine what to include in your disaster supplies kit that will meet your family's needs. Please remember infants, family members with special needs and or disabilities.

## Essential Supplies

- Battery-powered radio and extra batteries.
- Two flashlights or battery-powered lantern w/ batteries.
- Water to last three days, at least one gallon per person per day.
- Prescription medications (if you take them).
- Towelettes, soap, hand sanitizer.
- Food, at least a three-day supply of non-perishable items (canned meats, canned fruits and vegetables, dried fruits and nuts, granola bars, trail mix, peanut butter, crackers).
- A manual can opener
- First aid supplies (sterile gauze and bandages, safety pins, tweezers, a needle, scissors, antiseptic ointment and sunscreen).
- A watertight, portable container for important papers.

## Other Supplies

- Blankets (at least 1 per family member)
- Signal flare, maps, whistle, flashlight and extra batteries, basic tools and jumper cables for your vehicles.
- Infant formula, diapers and wipes (for those with babies).
- Garbage bags.
- Pet supplies. Toys and games for kids.
- Non-prescription drugs (pain relievers, antacids, antidiarrheals, etc.).
- Matches in a waterproof container. Paper towels and toilet paper.
- Bleach (16 drops of bleach will disinfect a gallon of water). Disinfectant.
- Extra eyeglasses /contacts. Change of clothes. Personal hygiene supplies.
- Feminine hygiene supplies. Men's and women's toiletries.

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## First Aid Supplies

Supplies	Home (√)	Vehicle (√)	Work (√)
Adhesive bandages, various sizes			
5" x 9" sterile dressing			
Conforming roller gauze bandage			
Triangular bandages			
3" x 3" sterile gauze pads			
4" x 4" sterile gauze pads			
Roll 3" cohesive bandage			
Germicidal hand wipes or waterless, alcohol-based hand sanitizer			
Antiseptic wipes			
Box large medical grade, non-latex gloves			
Tongues depressor blades			
Adhesive tape 2" width			
Antibacterial ointment			
Cold pack			
2 pairs scissors (small, personal)			
Tweezers			
Assorted sizes safety pins			
Alcohol and peroxide			
Cotton balls			
Thermometer			
Tube of petroleum jelly or other lubricant			
Sunscreen			
CPR breathing barrier			
First aid manual			

**Non-Prescription and Prescription Medicine Kit Supplies**

<b>Supplies</b>	<b>Home (√)</b>	<b>Vehicle (√)</b>	<b>Work (√)</b>
Aspirin and non-aspirin pain reliever			
Anti-diarrhea medication			
Antacid (for stomach upset)			
Laxative			
Vitamins			
Prescriptions			
Extra eyeglasses/contact lenses			

**Food and Water**

<b>Supplies</b>	<b>Home (√)</b>	<b>Vehicle (√)</b>	<b>Work (√)</b>
Water (3 day supply per person)			
Ready-to-eat meats, fruits, and vegetables			
Canned or boxed juices, milk, and soup			
High-energy foods such as peanut butter, jelly, crackers, granola bars, and trail mix			
Special foods for infants			
Cookies, hard candy			
Instant coffee			
Cereals			
Powdered milk			

**For Baby**

Item	(√)
Canned or powdered formula	
Diapers and wipes	
Bottles and nipples	
Medications and ointments	

**Sanitation and Hygiene Supplies**

Item	(√)	Item	(√)
Washcloths and towels		Heavy-duty plastic garbage bags and ties for personal sanitation uses and toilet paper	
Towelettes, soap, hand sanitizer		Medium-sized plastic bucket with tight lid	
Tooth paste, toothbrushes		Disinfectant and household chlorine bleach (16 drops of bleach will disinfect a gallon of water)	
Shampoo, comb, and brush		Small shovel for digging a latrine	
Deodorants		Toilet paper	
Razor, shaving cream		Lip balm, insect repellent	
Contact lens solution		Mirror	
Feminine supplies			

## Communications

Telephone lines may still be operational even if the power goes out. There is a possibility that portable phones will not work without electricity, therefore, keep one non-portable in your home for emergency situations. Cellular and digital phone systems may even be operational without electricity. Make sure you have fully charged backup batteries available. Plan for the situation that **all telephones** will not be working in the event of a major disaster.

## Equipment and Tools

<b>Tools</b>	(√)	<b>Kitchen Items</b>	(√)
Portable, battery-powered radio or television and extra batteries		Manual can opener	
NOAA Weather Radio, if appropriate for your area		Mess kits or paper cups, plates, and plastic utensils	
Flashlight and extra batteries or wind flashlight		All-purpose knife	
Signal flare		Household liquid bleach to treat drinking water	
Matches in a waterproof container (or waterproof matches & lighter)		Sugar, salt, pepper	
Shut-off wrench, pliers, shovel and other tools		Aluminum foil and plastic wrap	
Duct tape and scissors		Re-sealable plastic bags	
Plastic sheeting		Small cooking stove and a can of cooking fuel (if food must be cooked)	
Whistle			
Small canister, ABC-type fire extinguisher		<b>Comfort Items</b>	
Tube tent		Games	
Compass		Cards	
Work gloves		Books	
Compass and map of area		Toys	
Pliers, shut-off wrench		Foods	
Paper, pens, and pencils			
Needles and thread			
Battery-operated alarm travel clock			
Candles, battery operated lamps, lanterns and lantern fuel			
Battery operated smoke alarm			
Medicine dropper			
Battery operated Carbon Monoxide Detector			

**Clothes and Bedding Supplies per person**

<b>Item</b>	(√)	(√)	(√)	(√)
Complete changes of clothes				
Sturdy shoes or boots				
Rain gear				
Hat, gloves, and scarf (if necessary)				
Extra socks				
Extra underwear				
Thermal underwear				
Sunglasses				
Blankets/sleeping bags and pillows				

## Documents and Keys

Make sure these items are kept in a watertight container

Item	Stored (✓)
Personal Identification	
Cash or travelers checks, and coins	
Credit cards	
Extra set of house and car keys	
Names and description of any pets	
Copies of the following:	
Birth certificate	
Marriage certificate	
Divorce decrees	
Driver's license	
Social Security cards	
Passports	
Wills	
Deeds	
Inventory of household goods	
Immunization records	
Bank and credit card addresses and account numbers	
Stocks and bonds	
Retirement accounts name, address and phone numbers	
Citizenship papers	
State and Federal Tax records	
Car title and registration	
Automobile insurance policy	
Health insurance information	
Health records for each family member	
List of medication needed by family members	
List of special needs for any family member	
Life insurance policies	
Fire, homeowners, and renters insurance policies	
Adoption papers (if necessary)	
Veterinarian's name, address, and phone number	
Emergency contact list and phone numbers	
Map of the area and phone numbers of places you could go	
Emergency Preparedness Manual	