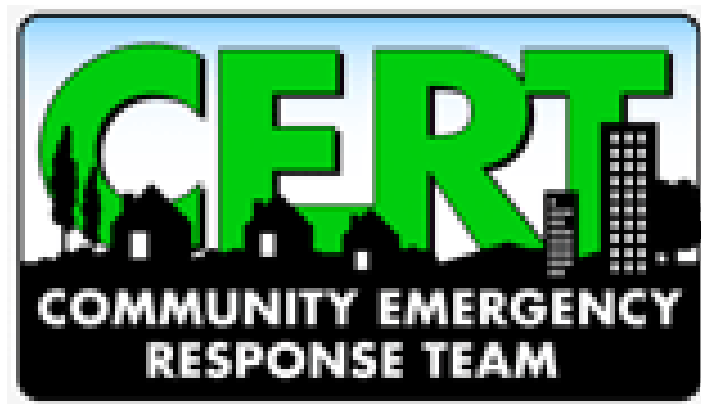


## **C.E.R.T Disaster Supply Kit**

The next few pages contain a listing of the items that should be in your disaster supply kit.

If you evacuate or go to a shelter, bring your kit with you!



## Assembling and Storing a Disaster Supply Kit

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

### To Prepare Your Kit

1. Review the checklist on the next few pages (from FEMA L-189, ARC 4463, Your Family Disaster Supplies Kit).
2. Gather the supplies from the list.
3. Place the supplies you're apt to need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (\*).

### 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 requirement. Children, nursing mothers, and ill people will need more.

- Store 1 gallon of water per person per day (2 quarts for drinking, 2 quarts for food preparation/sanitation.)\*
- Keep at least a 3-day supply of water for each person in your household.

If you have questions about the quality of the water, purify it before drinking. You can heat water to a rolling boil for 1 minute or use commercial purification tablets to purify the water. You can also use household liquid chlorine bleach if it is pure, unscented, 5.25% sodium hypochlorite. To purify water, use the table below as a guide:

#### Ratios for Purifying Water with Bleach

Water Quantity	Bleach Added
1 Quart	4 Drops
1 Gallon	16 Drops
5 Gallons	1 Teaspoon

#### Ratios for purifying water with bleach: Water quantity and bleach added

After adding bleach, shake or stir the water container and let it stand 30 minutes before drinking.

## Assembling and Storing a Disaster Supply Kit

### Food

Store at least a 3-day supply of nonperishable 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<sup>®</sup>. Select food items that are compact and lightweight. Include a selection of the following foods in your disaster supply kit:

- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples—sugar, salt, pepper
- High-energy foods—peanut butter, jelly, crackers, granola bars, trail mix
- Foods for infants, elderly persons, or persons on special diets
- Comfort/stress foods—cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

### Kitchen Items

- Manual can opener
- Mess kits or paper cups, plates, and plastic utensils
- All-purpose knife
- Household liquid bleach to treat drinking water
- Sugar, salt, pepper
- Aluminum foil and plastic wrap
- Re-sealing plastic bags
- If food must be cooked, small cooking stove and a can of cooking fuel



## **Assembling and Storing a Disaster Supply Kit**

### **First Aid Kit\***

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

- First aid manual
- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- Needle
- Moistened towelettes
- Antibacterial ointment
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleaning agent/soap
- Latex gloves (2 pairs)
- Petroleum jelly
- Cotton balls
- Sunscreen
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers

### **Nonprescription Drugs**

- Aspirin or nonaspirin pain reliever
- Antidiarrhea medication
- Antacid (for stomach upset)
- Syrup of Ipecac (used to induce vomiting if advised by the Poison Control Center)
- Laxative
- Vitamins
- Activated charcoal (used if advised by the Poison Control Center)

### **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\*
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare(s)
- Paper, pencil
- Needles, thread
- Work gloves
- Medicine dropper
- Shutoff wrench, to turn off household gas and water
- Whistle
- Plastic sheeting

### **Sanitation**

- 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

## **Assembling and Storing a Disaster Supply Kit**

### **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\*

### **Household Documents and Contact Numbers**

- Personal identification, cash (including change) or traveler's checks, and a credit card
- Copies of important documents: birth certificates, marriage certificate, driver's license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunizations records, bank and credit card account numbers, stocks and bonds. Be sure to store these in a watertight container.
- Emergency contact list and phone numbers
- Map of the area and phone numbers of places you could go
- An extra set of car keys and house keys

### **Special Items**

Remember family members with special needs, such as infants and elderly or disabled persons.

#### **For Baby\***

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

#### **For Adults\***

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses

- Entertainment—games and books
- Important Family Documents —keep these records in a waterproof, portable container
- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods
- Important telephone numbers

\*Items marked with an asterisk are recommended for evacuation.