

Your Family Disaster Supplies Kit



Disasters happen anytime and anywhere. And when disaster strikes, you may not have much time to respond.



A highway spill of hazardous material could mean instant evacuation.



A winter storm could confine your family at home. An earthquake, flood, tornado or any other disaster could cut off basic services—gas, water, electricity and telephones—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 Supplies Kit. Once disaster hits, you won't have time to shop or search for supplies. But if you've gathered supplies in advance, your family can endure an evacuation or home confinement.



To prepare your kit

- Review the checklist in this brochure.
- Gather the supplies that are listed. You may need them if your family is confined at home.
- Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).

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 test
- 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

Sanitation

- Toilet paper, towelettes*
- Soap, liquid detergent*
- Feminine supplies*
- Personal hygiene items*
- Plastic garbage bags, ties
- Small shovel, for digging an expedient latrine
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach



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



Special Items

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

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 for children; books for adults.
- 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
 - Family records (birth, marriage, death certificates)

- 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 air tight plastic bags.
- Change your stored water supply every three months so it stays fresh.
- Rotate 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.



FAMILY DISASTER PREPAREDNESS PLAN

In addition to assembling your Disaster Supplies Kit, review this checklist of basic steps to prepare for emergency. Discuss with your family how to prepare for disaster. Make sure you have follow-up discussions to remind family members about your emergency plans.

Contact your local emergency management office or American Red Cross chapter.

- Find out what types of disasters are most likely to occur in your area.
- Learn your community's warning system, evacuation plans, and travel routes.

Make emergency plans.

- Decide on a place for family members to meet if you are separated by disaster and cannot return home.
- In case of a sudden emergency, like a fire, select a second meeting place right outside your home.
- Establish an out-of-state friend to act as a contact for separated family members. Sometimes, it's easier to

place an out-of-state call than to call locally during a disaster.

- Post emergency numbers by telephones.
- Plan an orderly evacuation of your home. In case of disaster, local authorities may advise you to evacuate—you'll need to follow their instructions.
- If you were advised to evacuate, post a note telling others when you left, your destination, the medical condition of family members and whether all family members are accounted for.

Check your home.

- Show each family member how to turn off water, gas and electricity. Discuss when it is appropriate to do this.

- Eliminate fire hazards in your home. Secure objects that could cause injury during disaster.
- Install smoke detectors on each level of your home; check batteries once a month and change them once a year. Make sure everyone knows where the fire extinguisher is and how to use it.

Be prepared to help others.

- Learn first aid and CPR. Contact your local American Red Cross chapter for information and training.
- Consider neighbors who may need assistance. Remember that individuals with special needs, such as infants, disabled persons or elderly persons may depend on your help.



For more information, please contact your local emergency management or civil defense office, and your local American Red Cross chapter.