

## PLANNING FOR THE UNPLANNABLE; PROTECTING OUR FAMILIES AND NEIGHBORS FROM WHAT WE HOPE WILL NEVER HAPPEN

Disasters come in a variety of phenomenons from tornados, floods, earthquakes, hurricanes etc... Some disasters occur naturally, some are man made. Some are caused by carelessness some are caused on purpose. Bottom line for you and your family, it doesn't matter what caused it, a disaster is a disaster.

In the event of a disaster, will you and your family have the supplies on hand to meet your needs? The following is a list to help you determine what to include in your disaster supply kit to meet your family's needs. Obviously, not all of these items will need to be in your kit. You should review the list; pick out what you think would apply to you and your family and prepare the kit. Discuss the use and purpose of the kit with your family and its location.

### **FIRST AID KIT**

- Adhesive bandages, various sizes
- 5"x9" sterile dressing
- Conforming roller gauze bandage
- Triangular bandages
- 3"x3" sterile gauze pads
- 4"x4" sterile gauze pads
- Roll 3" cohesive bandage
- Germicidal hand wipes or waterless, alcohol based hand sanitizer
- Antiseptic wipes
- Gloves, non-latex medical (Preferably large)
- Tongue depressor blades
- Adhesive tape (2")
- Antibacterial ointment
- Cold packs
- Scissors (small, personal)
- Tweezers
- Safety pins, assorted sizes
- Cotton balls
- Petroleum jelly or other type lubricate
- Sunscreen
- CPR breathing mask
- First aid manual

### **Non-Prescription and Prescription Medicine Kit Supplies (watch expiration dates)**

- Aspirin and non -aspirin pain relievers
- Anti-diarrhea medication
- Antacid
- Laxative
- Vitamins
- Prescription medications
- Any extra eye glasses

### **Sanitation and Hygiene Supplies**

- Washcloth and towels
- Heavy duty plastic garbage bags and ties for personal sanitation uses
- Towelettes, soap, hand sanitizer and a medium-sized plastic bucket with a tight lid
- Tooth paste, Toothbrushes, Disinfectant and a household chlorine bleach
- Shampoo, comb, and hair brush
- A small shovel (you may have to dig a latrine or bury dead animals)
- Deodorants, sunscreen and toilet paper
- Razor, shaving cream
- Lip Balm, insect repellent
- Mirror
- Feminine supplies

### **Equipment and Tools**

- Portable, battery powered radio or television with extra batteries
- Manual can opener
- NOAA Weather Radio, if appropriate for the area
- Flashlight with extra batteries
- Mess kits or paper cups, plates and plastic items
- All purpose knife (Swiss army knife)
- Signal flares and household liquid bleach to treat drinking water
- Matches in a waterproof container (or waterproof matches) (or maybe a bic lighter)
- Sugar salt and pepper
- Shut off wrench, pliers, shovel and other assorted tools
- Aluminum foil and plastic wrap
- Duct tape and scissors resealable plastic bags
- Plastic sheeting, small cooking stove and a can of cooking fuel
- Small canister, ABC-type fire extinguisher
- Comfort items
- Tube tent, games
- Compass, cards
- Work gloves, books
- Paper, pens and pencils; Toys for kids
- Needles and thread
- Battery operated travel alarm clock

### **FOOD AND WATER (diabetics; infants; special needs elderly)**

- ☼ Water
- ☼ Ready to eat meals, fruits and vegetables
- ☼ Canned or boxed juices, milk, and soup
- ☼ High energy foods such as peanut butter, jelly, low-sodium crackers and trail mix
- ☼ Vitamins
- ☼ Special foods for infants or persons on special diets
- ☼ Cookies, hard candy

- ☼ Instant Coffee
- ☼ Cereals
- ☼ Powdered milk
- ☼ Clothes and bedding supplies

### **DOCUMENTS AND KEYS**

● *These items should be kept in water tight; fire resistant; easy to transport container.*

- ☺ Personal identification
- ☺ Cash and coins
- ☺ Credit cards
- ☺ Extra set of house keys and car keys
- ☺ Emergency contact list and phone numbers
- ☺ Map of the area and phone numbers of places you could go

### **COPIES OF THE FOLOWING SHOULD BE IN THE CONTAINER:**

- ☺ Birth certificate
- ☺ Marriage certificate
- ☺ Driver's License
- ☺ Social security card
- ☺ Passports
- ☺ Wills
- ☺ Deeds
- ☺ Inventory of household goods
- ☺ Insurance papers
- ☺ Immunization records
- ☺ Bank and credit card account numbers
- ☺ Stocks and bonds