

Disaster Supply Kit

Have you ever experienced the mass chaos before? Grocery stores packed with people, no bread or water on the shelves, and mile long lines just to get basic everyday items! Lately, it seems that disasters are happening more frequently. People are often stranded without power, gas, and/or heat. How do you prepare yourself without knowing such a disaster is going to take place? Good news, you can! Although you can't always be fully prepared, there are some items that you should keep at hand to help you survive the next disaster.

FEMA and other government funded entities have made checklists of items that you should prepare in order to protect you and your family. The following is a non-inclusive sample checklist of the basic items you may need in the time of a disaster:

- ✓ Food
 - Three-day supply of non-perishable food for each person.
 - Examples: peanut butter, dried fruit, crackers, canned juices, high energy food, protein bars, dry cereal, ready-to-eat canned meats.
 - Other items might include: manual can opener, plastic utensils, paper towels, paper plates, etc.
- ✓ Water
 - One gallon for each person per day for at least three days
- ✓ Flashlight and Radio
 - Include extra batteries
 - Get crank or solar powered, if possible
- ✓ First Aid Kit
 - Prescription medicines
 - Latex gloves
 - Antibiotic and burn ointment
 - Bandages in various sizes and packages/sterile dressings
 - Thermometer
 - Antibiotic wipes/cleaning solution
- ✓ Whistle
 - Used to signal for help
- ✓ Shelter in Place Items
 - Dust mask
 - Tools to shut off utilities
 - Plastic to cover windows and doors
- ✓ Personal Hygiene Items
- ✓ Local Maps
- ✓ Cell Phone with charger, preferable solar powered

- ✓ Important Family Documents
 - Insurance and identification forms
 - Store in a portable waterproof container
- ✓ Sleeping Bags or Warm Blankets in Colder Climates
- ✓ Household Chlorine Bleach
 - 9 parts water to one part bleach can be used as a disinfectant
 - 16 drops can be added to a gallon of water to purify it
- ✓ Complete Change of Clothes
- ✓ Paper and Pencil

Since a disaster can happen at any time it is a good idea to keep a kit at home, in the car, and at the office. Be sure to plan for special cases such as babies and pets. Specific details on each topic can be found at www.ready.gov. Remember, you can never over prepare for you and your family when a disaster strikes.

References:

www.ready.gov

www.fema.gov

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