

Water

Store water in plastic containers such as 2-liter 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 2 quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- Store one gallon of water per person per day (2 quarts for drinking, 2 quarts for food preparation).
- Keep at least a 3-5 day supply of water for each person in your household.

Food

Store at least a 3-5 day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little to no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight.

- ready-to-eat canned meats, fruits & vegetables
- canned juices, milk & soup (if powdered, store extra water)
- staples – sugar, salt, pepper
- high-energy foods – peanut butter, crackers, granola bars, trail mix
- vitamins
- foods for infants, elderly persons or persons with special diets
- comfort/stress foods – cookies, hard candy, sweetened cereals, instant coffee, tea bags, hot chocolate packets

First Aid Kit

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

- 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)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- scissors
- tweezers
- needles
- moistened towelettes
- antiseptic
- thermometer
- tongue blades (2)
- petroleum jelly or other lubricant
- assorted sizes of safety pins
- cleansing agent/soap
- latex gloves (2 pair)
- sunscreen
- anti-itch cream
- aspirin or non-aspirin pain reliever
- anti-diarrhea medicine
- antacid
- laxative
- syrup of Ipecac (use of advised by the Poison Control Center)
- activated charcoal (use of advised by the Poison Control Center)

Tools & Supplies

- mess kits or paper cups, plates & utensils
- emergency preparedness manual
- battery operated radio & extra batteries
- flashlight & extra batteries
- cash or travelers check
- non-electric can opener, utility knife
- fire extinguisher (small canister, ABC type)
- tube tent
- pliers
- tape
- compass
- matches in a waterproof container
- aluminum foil
- plastic storage containers
- signal flare
- paper & pencil
- needles & thread
- medicine dropper
- wrench to shut off household gas & water
- whistle
- plastic sheeting
- map of the area
- toilet paper
- soap, liquid detergent
- feminine supplies
- personal hygiene items
- plastic garbage bags
- plastic bucket with tight lid
- disinfectant
- household chlorine bleach

Clothing & 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
- gloves
- thermal underwear
- socks
- sunglasses

Special Items

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

Baby

- formula & powdered milk
- diapers & wipes
- bottles
- medications

Adults

- heart/high blood pressure medicine
- insulin
- prescription drugs
- denture needs
- contact lenses and supplies
- extra eye glasses

Entertainment

- games/cards
- books

Important Family Documents (keep in waterproof portable container)

- will, insurance policies, contracts, stocks & bonds
- passports, social security cards, immunization records
- bank account numbers
- credit card account numbers
- birth, marriage & death certificates
- important telephone numbers