

# making a disaster supply kit

For additional supply guidelines for special-needs individuals, children, and pets, see pages 4–6.

**A Disaster Supply Kit for your home, and for use during an evacuation, should include items in six basic areas: (1) water, (2) food, (3) first aid supplies and medications, (4) clothing and bedding, (5) tools and emergency supplies, and (6) important family documents. A checklist for items is in the yellow, center pull-out section, pages 2–3.**

You will need the kit's supplies if you are confined to your home. They also are valuable if you evacuate to a place other than a well-stocked shelter, or if you're unsure of the shelter's supplies.

## TIPS FOR MAKING YOUR KIT

- Keep loose items in airtight plastic bags.
- Gather the kit's items in easy-to-carry containers or duffle bags. Put them within reach, near the exit you use most often.
- Check and update your kit and family needs at least once a year.

## TIPS FOR WATER & FOOD

- 1** A normally active person needs to drink at least two quarts of water daily. Heat and intense activity can double this amount. Children, nursing mothers, and those with special needs may require more.
- 2** Food preparation and sanitation require another two quarts (minimum) per person daily.
- 3** Purchased bottled water that has been sealed is best for storage. It meets FDA guidelines for food, is not as vulnerable to temperature changes as unsealed water, and has no shelf life. (Some bottles do have expiration dates, but this is mainly for inventory control.) If for any reason you must disinfect water, use unscented bleach in the ratio of 8 drops per gallon, and let the mixture sit 30 minutes before use.
- 4** Choose compact, lightweight foods that do not require refrigeration, cooking or preparation, and foods that use little or no water.
- 5** If you must heat food or water, use small propane bottles, with a screw-on cook top and stable base. In addition, keep gas tanks on gas B-B-Q grills, camping stoves and propane cookers full. As a last resort, you can use cans of chafing fuel such as Sterno. Since refrigeration may not be available or very limited, only cook enough food to consume in one meal.
- 6** Hand washing with soap and water is extremely important. However, in the event water for hand washing is unavailable, use alcohol-based sanitizer.