



Disaster Supplies Kits



As we have all learned from local natural disasters, everyone should ensure that they could be self sufficient for several days. Natural and man-made disasters can strike at any time. FEMA and the Red Cross recommend being prepared for a minimum of three days, but as much as seven. After a disaster occurs, local agencies and relief workers will be able to help, but not necessarily right away. The information below is for preparing a disaster supply kit for your family. It is compiled from multiple sources that are provided via Internet links at the end of this article. You are highly encouraged to not only prepare a kit of your own *to your own needs*, but also review the information from the sources. Once a disaster hits, you just won't have time to shop for, search for or gather supplies. All the items for the kit below will fit in well-packed 35 gallon trashcan.

FAMILY KIT MAKE-UP:

♦ Container –Place the supplies you'd most likely need for an evacuation or 'shelter in place,' in an easy-to-move container. You may need to take this container with you. You can have one kit or several smaller kits (e.g. one for each adult family member).

- A medium sized trash can with wheels and a latching lid
- A large military or hiking style duffle bag
- A backpack or other sturdy bag (with wheels or small enough to carry fully loaded) –if needed two backpacks can work.

♦ Water –Store water in plastic containers such as large plastic bottles, soft drink or gallon milk-type jugs. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.

- Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation). Children, nursing mothers and ill people will need more.
- Keep at least a three-day supply of water for each person in your household.

♦ Food –Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. Select food items that are compact and lightweight.

- Ready-to-eat canned (or dried) meats, fruits, vegetables, juices, milk, soup (if powdered, store extra water)
- High energy foods--peanut butter, jelly, crackers, granola bars, trail mix, energy bars
- Multi vitamins
- Foods for infants, elderly persons or persons on special diets
- Comfort/stress foods (IF there's room)
- ♦ First Aid –Assembled first aid kit should include:
 - Sturdy container (with closing lid/zipper)
 - Sterile adhesive bandages in assorted sizes ('band-aid' type)
 - 2-inch & 4-inch gauze pads (4-6 ea)
 - Hypoallergenic adhesive tape
 - Triangular bandages (3)
 - 2-inch & 3-inch roller bandages (3 ea)
 - Scissors, Tweezers & Needle
 - Moistened towelettes (lots of them)
 - Antiseptic
 - Thermometer
 - Tube of petroleum jelly or other lubricant
 - Assorted sizes of safety pins
 - Cleansing agent/soap
 - Latex gloves (2 pair)
 - Sunscreen (SPF 30)
 - First Aid manual
 - Aspirin and non-aspirin pain reliever
 - Anti-diarrhea medication
 - Antacid (for stomach upset)
 - Laxative
- ♦ General Supplies –There are some basics you should stock in your kit.
 - Area road maps
 - Whistles (easier to sound & heard farther)
 - Radio (battery operated) & flashlight, with extra batteries
 - Cash or traveler's checks, extra credit card
 - Non-electric can opener
 - Utility knife
 - 'Duct' tape and twine/rope
 - Plastic sheeting or tarp
 - Matches in a waterproof container
 - Paper, pencil/pen
 - Large trash bags (refuse, port-a-potty, rain poncho, etc.)
 - Hand sanitizer (liquid)
 - Household chlorine bleach

- Good city map (for locating shelters)
- Toilet paper (can use towelettes)
- Feminine supplies
- Personal hygiene items
- ◆ **Clothing and Bedding** –Include at least one complete change of clothing/footwear per person.
 - Long sleeve shirts and sturdy pants
 - Sturdy shoes, work boots and work gloves
 - Hat/ballcap
 - Lightweight rain gear
 - Thermal underwear
 - Blankets or sleeping bags
 - Sunglasses

PET KIT MAKE-UP:

For many of us, pets are part of our family, and we need to be prepared to care for them as well. The Red Cross, FEMA and the Humane Society all advocate taking your pets with you if you evacuate –even if you think it will only be for a few hours or days. Once you leave an area, things may change and you may not be able to return for an extended period. Be aware that most ‘people’ shelters will not take pets due to human safety and sanitation regulations. Plan accordingly! Check with hotels out of, but near our area, which normally take pets, keep their address/phone numbers available. Be prepared to make reservations very quickly in the event you need to evacuate –rooms will fill quickly. Check with friends out of the area to see if you, or just your pets if necessary, can stay with them. Don’t wait until there’s a mandatory evacuation order –evacuate early with pets.

- ◆ **Pet Kit Container:**
 - Any bag/plastic container with wheels
 - Large backpack/duffle bag
 - Two smaller backpacks
 - Water –Pets (such as a medium sized dog) will drink as much water as a person. Ensure you account for their water needs as well.
 - Pet food and treats –Canned pet food stores best and is easily transported and portioned.
 - Bowls (2), one each for food and water. Collapsible bowls (made of sturdy cloth with water proof lining) are available and easy to store.
 - Can opener (good to have a spare for family kit)
 - Current photos of your pet (in case they get lost), pet medications, medical records and the

contact info of your veterinarian all in a waterproof container (good zip-lock type bag will work)

- Ensure your pet has its collar with tag, and a harness is great too.
- A sturdy leashes is a must. Pet carriers (if room) so you can move your pets safely and they can’t escape (remember they may be scared and may act differently)
- Pet beds and toys, if there is room. Alternatively, if you can remove their bed cover, take that (it smells familiar and will help comfort them)

SUGGESTIONS AND REMINDERS

- ◆ Store your kits in a convenient and strong place (closet, garage, etc.) known to all family members.
- ◆ Keep items in airtight plastic bags.
- ◆ Change your stored water supply and rotate your stored food every **six** months so it stays fresh –mark your calendar so you don’t forget!
- ◆ Rotate batteries out, check and re-think your kit and family needs at least once a year.
- ◆ Ask your physician or pharmacist about storing prescription medications.

Reference links:

FEMA disaster kit

http://www.fema.gov/areyouready/assemble_disaster_supplies_kit.shtm

CA Office of Emergency Services (OES)

<http://www.oes.ca.gov/>

OES tip sheets

<http://www.oes.ca.gov/Operational/OESHome.nsf/978596171691962788256b350061870e/A6BE1FB7591A508D88256CD70058FBAB?OpenDocument>

Red Cross disaster kit:

<http://www.redcross-cmd.org/Chapter/Services/supplies.html>

American Red Cross/”Prepare.org” group:

<http://www.prepare.org/basic/basic.htm>

FEMA pet kit:

<http://www.fema.gov/kids/petkit.htm>