

Recommended Items To Include In A Basic Home & Car Emergency Supply Kits
Each resident must have these supplies for yourself, your caregiver and your animals.

HOME SURVIVAL KIT: (Important - If you have a caregiver please prepare a kit for the caregiver)

Prescription Medications: For seven (7) days.

Non-Prescription Medicines: Aspirin, sunscreen, etc.

First Aid Kit: Which should contain: wound cleanser, triple antibiotic ointment, band-aids, Ace bandages, surgical non-allergenic tape, sterile dressings, wrap for dressings, burn cream, instant cold packs.

Change of Clothes: Extra socks, underwear.

Shoes: Sturdy, comfortable shoes.

Outerwear: Jacket, hat, scarf, gloves.

Extra Set of House & Car Keys:

Towel, Wash Cloth, Wipes:

Blanket: Light weight.

Personal Hygiene Products: Soap, toothbrush, toothpaste, hand sanitizer, toilet paper, adult diapers, disposable gloves and feminine supplies.

Items for Personal Sanitation: Moist towelettes, garbage bags, bucket for human waste and plastic ties for personal sanitation.

Whistle: To signal for help.

Flashlight: With batteries. NO candles as they can cause a fire.

Knife: Pocket or utility knife.

Manual Can Opener: For food.

Matches: In a waterproof container.

Fire Extinguisher: Class ABC

Money: Small bills and change, credit card and local maps.

Documents: Important family documents such as copies of insurance policies, identification, list of prescriptions and bank records in a weatherproof and portable container.

Contacts: List of emergency family/friends contact phone numbers, including your doctor's name and phone number.

OTHER ITEMS TO CONSIDER INCLUDING:

Clock: Watch or battery operated clock (extra batteries).

Radio: Battery-powered or hand-crank radio and a NOAA Weather Radio with tone alert and extra batterie

Eye Glasses: Extra pair of eye glasses/contacts/hearing aid batteries.

Dust Mask: To filter contaminated air such as dust or smoke.

Plastic Sheeting: To shelter in place.

Duct Tape: To shelter in place.

Tools: Wrench or pliers, hammer and other tools to aid in sheltering in place.

Rope, Heavy String, Bungee Cords:

Zip Lock Bags, Trash Bags, Grocery Bags:

Work Gloves: Rubber.

Sleeping Bag.

Glow Sticks.

Paper, Pencil, Pens.

Book, Cards, Puzzles.

Mess Kit. Paper cups, plates & plastic utensils and paper towels.

Water Purification Tablets.

Household Chlorine Bleach. And medicine dropper. When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

Signs. HELP / OK

5-Gallon Paint Bucket. With lid and large trash bags. This can be used as a toilet if plumbing is damaged.

FOOD AND WATER.

Water. One (1) gallon of water per person per day for at least three (3) days, for drinking and sanitation. Label with storage date and replace every six months. More is better, plan for two (2) weeks.

Food. At least three (3) days supply of non-perishable food, dried fruit, nuts, protein bars, peanut butter, raisins, pull top canned items, etc.. More is better, plan for two (2) weeks.

PET OWNERS.

Travel Cage.

Food and Water. For 30 days.

Medications.

FOR DISABLED or those with SPECIAL NEEDS.

Food for Special Diet.

Batteries. For hearing aids, wheelchairs, etc.

Medical Devices. List of style and serial numbers.

Special Supplies. Oxygen, catheters, etc.

Personal Items. Depends, disposable bags, wipes.

Prescriptions. For medication and eye glasses.

CAR SURVIVAL KIT:

Jumper Cables.

Water.

Non-Perishable Food.

First Aid Kit.

Change of Clothes. Extra socks, underwear, sturdy comfortable shoes, jacket, gloves.

HELP Sign.

Gas. Always maintain 1/2 tank of gas.

Fire Extinguisher. Class ABC

Personal hygiene Products. Soap, toothbrush, toothpaste, hand sanitizer, toilet paper.

Whistle.

Flashlight. Small with batteries.

Reflectors–Flares–Glow Sticks.

Blanket.

Radio. Battery operated with extra batteries.

Medications. Both prescription and non-prescription.

Spare Tire. Tire repair kit.

PLANNING.

Choose two places to meet if you are separated during an emergency; right outside your home and an area outside your neighborhood. Choose an out-of-area person for contact. Everyone should have emergency contact information in writing.

Decide where you would go if you have to evacuate and what route you would take. Practice evacuating your home twice a year. Drive your planned evacuation route and plot alternate routes in case your route is impassable.

Plan ahead for your pets. Keep a phone list of pet friendly motels/hotels and animal shelters that are along your evacuation route.

If more information is desired, you may go to www.redcross.com or www.aarp.com.