

## Home Disaster Supplies List

Disaster experts say you should be able to sustain yourself for at least 72 hours following a disaster. The following describes what should be included in a basic disaster supply kit and other items you should consider keeping on hand.

### Basic Disaster Supply Kit

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of non-perishable food
- Battery powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both
- Flashlight and extra batteries
- First aid kit
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food (if kit contains canned food)
- Local maps
- Wrench or pliers to turn off utilities
- Cell phone with chargers

### 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. If you must heat food, pack a can of sterno. Pack a manual canner opener and eating utensils. Avoid salty foods, as they will make you thirsty.

Select food items that are compact and lightweight.

Include a selection of the following foods in your Disaster Supplies kit:

- Ready-to-eat canned meats,
- Fruits, and vegetables
- Canned juice

- Staples (salt, sugar, pepper,
- Spices, etc.)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods
- Protein or fruit bars
- Dry cereal or granola
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Non-perishable pasteurized milk

### **Additional Items To Consider Adding To An Emergency Supply Kit**

Prescription medications and glasses

Pet food and extra water for your pet

Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container

Cash or traveler's checks and change

Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)

Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.

Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold-weather climate.

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.

Fire Extinguisher

Matches in a waterproof container

Feminine supplies and personal hygiene items

Mess kits,