

# Disaster Kit Checklist

Your family's disaster kit should include food and water, as well as first aid supplies and household articles. You should also address the special needs of babies, children and elderly household members, and stock items for any family pets.

Pack items in plastic bags to help keep them safe and dry. For added protection – and portability, in case you need to leave your home – store the contents of your kit in plastic bins with lids.

**If a hurricane or other disaster strikes, your family may need to survive unassisted for three days or more: Prepare accordingly.**

## Water

It's recommended that you stock at least one gallon of water per person per day. That means a typical family of four would need at least 12 gallons of water over a three-day period. Your family members' needs may vary based on their age or physical condition.

## Food

Choose non-perishable items that don't require cooking or refrigeration, such as:

- Ready-to-eat canned meats, soups, fruits and vegetables
- Peanut butter
- Crackers and snack bars
- Nuts and dried fruits
- Canned or boxed milk and juice
- Tea and powdered coffee
- Treats such as cookies and hard candy
- Salt, pepper and sugar
- Any items – such as baby formula – that meet a family member's special dietary needs

## Food-Related Items

Collect any items your family will use to prepare, eat and store food, as well as to clean up:

- Manual can opener and bottle opener
- Pots, pans, plates, cups and utensils
- Paper towels and napkins
- Propane-fueled camp stove and extra propane canisters
- Ice chest/cooler
- Dish soap, sponges and other cleaning supplies

## First Aid/Healthcare

- First aid manual
- First aid kit (include such items as adhesive bandages, gauze bandages, hypoallergenic adhesive tape, petroleum jelly, a thermometer, and antiseptic ointment)
- Prescription drugs (a two-week supply)
- Over-the-counter medications (such as aspirin or other pain killers, anti-diarrhea medication, laxatives, and antacids)
- Vitamins

- Sunscreen
- Bug repellent
- Contact solution and other eyecare items
- Hygiene items
- Hand sanitizer gel or wipes

### **Miscellaneous Essentials**

- Cash or travelers checks
- Copies of your insurance policies and family I.D. cards, as well as other vital information – such as birth certificates, deeds and property records
- Battery-operated radio
- Flashlights
- Extra batteries
- Fire extinguisher
- Matches in a waterproof container
- Extra clothing
- Post-storm items: work gloves, trash bags, tarps, etc.

### **For Children**

Providing comfort items, in addition to the essentials, can help keep children calm in the event of a storm. Your kit should address the special needs of each child in your household:

- Infant formula and/or jarred baby food
- Bottles and feeding utensils
- Medications, including over-the-counter items such as diaper cream and pain reliever
- Diapers or training pants
- Moist wipes
- Blanket and pillow
- Favorite stuffed animals or other comfort items, such as pacifiers
- Activity kit, stocked according to the child's age. (For example, for a preschooler: books, puzzles, art supplies and small toys.) These items may be kept in a backpack or duffel bag.

### **For Pets**

Make sure that your pets wear ID tags, and that you have proof their vaccinations are up to date. It's also a good idea to have a photo of your pet, in case he's lost after a storm.

Keep these items on hand, as appropriate, to help keep your pets comfortable and safe:

- Veterinarian contact information
- Medication
- Food and water
- Airline-approved pet carrier (large enough for your pet to comfortably stand, sit and turn around in)
- Leash
- Litter box and extra cat litter

### **Supplies on the Go**

In addition to maintaining a well-stocked disaster kit at home, consider keeping a smaller grab-and-go kit in your car. Its contents may include a change of clothes (including comfortable shoes), water and non-perishable food, and first aid supplies – as well as jumper cables and flares.