

EMERGENCY DISASTER SUPPLIES

In the event of a major disaster, you might need to rely on your own resources. You might be sleeping outdoors. Plan on what you will need to eat, sleep, cook, and generally survive on your own, with or without the shelter and comfort of your home, for a minimum of 5 - 7 days.

EATING & COOKING

- Paper/plastic plates, cups, Utensils
- Paper towels (can double as napkins)
- Manual can opener
- Alternate cooking source and fuel
- Chlorine bleach & eye dropper to purify water
- Pet food and leashes

SANITATION

- Portable toilet or bucket with lid
- Toilet paper
- Disinfectant
- Feminine hygiene supplies
- Diapers & baby wipes
- Plastic garbage bags
- Twist ties or Zip/wire ties
- Shovel

TOOLS

- Wrench (shut off valves)
- Matches (2 books/boxes)
- 1/2" rope (20 ft.)
- Axe
- Duct tape
- Broom
- Portable radio
- Extra Batteries
- Flashlight
- Fire extinguisher - 2A10BC

HEALTH & SAFETY

- First Aid kit
- First aid manual
- Soap, detergent, shampoo
- Toothbrush & toothpaste
- Medication
- Heavy work gloves
- Sturdy shoes
- Space blanket & sleeping bag
- Tent or other camping equipment
- Hearing aid batteries
- Dust masks
- Goggles/safety glasses
- Scissors

EMERGENCY FOOD

Food should be dated, require little or no water or cooking to prepare, not increase thirst (i.e. low sodium, low fat) and be things your family will enjoy.

- Canned fruit, vegetables (the liquid they are packed can also be consumed)
- Canned nuts (unsalted)
- Peanut butter
- Canned meat, stew, pasta
- Powdered milk
- Dried fruits
- Bottled soft drinks
- Dry cereal
- Baby food and food for others on a special diet
- Crackers (low sodium)
- Water (minimum 1 gallon per person, per day for 5 - 7 days)
- MRE's (Meal Ready to Eat)
- Canned tuna
- Granola bars (fat free)