

# Emergency Supplies

*In the event of a major disaster, you might need to rely on your own resources. You may 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 2-3 days.*

## Eating & Cooking

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

## Health & Safety

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

## Sanitation

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

## Tools

- Wrench (shut-off valves)
- 1/2" rope (20 ft)
- Duct tape
- Broom
- Axe
- Flashlight
- Extra batteries
- Portable radio
- Fire extinguisher (2-A:10-B:C)

## Emergency Food

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

- Canned fruits, vegetables (the liquid in which they are packed can also be consumed)
- Canned meat, stew, pasta
- Dried fruits
- Dry cereal
- Crackers (low sodium)
- Canned tuna
- Granola bars (fat free)
- Canned nuts (unsalted)
- Peanut butter
- Fruit or vegetable juices
- Powdered milk
- Bottled soft drinks
- Baby food and food for others on special diets
- Water (minimum of 1 gallon per person per day for 3 days)

## Mini-Survival Kits

*There is no guarantee that you will be home when disaster strikes. What would you need if you must stay at work for several days, or rely on your car for short-term shelter, or be forced to make your way home on foot?*

*Storing your supplies in a small backpack will make them convenient to carry if you need to walk home.*

### Car Mini-Survival Kit

- Nutritious low sodium, low fat snack food
- Bottled water
- Local maps and compass
- Comfortable shoes and socks
- Sweats or jogging pants
- Heavy work gloves
- Coins for pay phone
- Cash (\$50-\$100)
- Flashlight & batteries
- Waterproof matches
- Portable AM radio
- Extra batteries
- Toilet paper and sanitary supplies
- Small first aid kit
- Mylar space blanket
- Tools: screwdriver, pliers
- Fire extinguisher: A-B-C type
- Flares
- Reading material
- Pencil and pad of paper
- Heavy-duty trash bags
- Duct tape
- Scissors

### Work Mini-Survival Kit

- Nutritious snack food
- Bottled water
- Comfortable shoes and socks
- Small first aid kit
- Blanket
- Flashlight with extra batteries
- Portable AM radio
- Heavy work gloves
- Toilet paper and sanitary supplies
- Whistle
- Cash and coins for phone calls
- Heavy-duty trash bags
- Duct tape
- Scissors

#### **TIP . . .**

*Never let your gas tank fall below one quarter full.*