

DISASTER SUPPLIES AND PREPAREDNESS



- ▶ Do you have flood insurance?
- ▶ Get a refrigerator thermometer. Food keeps at 41 degrees or lower.
- ▶ Designate a safe room in your home's interior.
- ▶ Bridges lock down when sustained winds reach 39mph.

Disaster Supplies Checklist

Have a 5 - 7 day supply of water, non-perishable food, medication and other necessary items per person and per pet. To calculate the amount of water and food, remember:

- 1-2 gallons of potable water per day, per person
- ½ - 1 gallon of water per day, per pet
- 3 meals per day, per person
- store water for non-potable uses in clean tubs or other suitable containers

Below are suggested food items. Selections should be based on family needs and preferences. When possible, choose low-salt, water-packed varieties.

▶ Food/drink items

- | | | |
|--|--|---|
| <input type="checkbox"/> bottle/canned/powdered drinks | <input type="checkbox"/> canned vegetables | <input type="checkbox"/> jelly |
| <input type="checkbox"/> bottled water | <input type="checkbox"/> cereal | <input type="checkbox"/> peanut butter |
| <input type="checkbox"/> bread | <input type="checkbox"/> crackers | <input type="checkbox"/> shelf-stable milk |
| <input type="checkbox"/> canned fruits | <input type="checkbox"/> granola bars | <input type="checkbox"/> sugar or sweetener |
| <input type="checkbox"/> canned meats | <input type="checkbox"/> infant food and formula | |

▶ Personal items

- | | | |
|---|--|--|
| <input type="checkbox"/> baby bottles | <input type="checkbox"/> eyeglasses (<i>extra pair</i>) | <input type="checkbox"/> sewing kit |
| <input type="checkbox"/> cash/coins | <input type="checkbox"/> feminine hygiene products | <input type="checkbox"/> shaving supplies |
| <input type="checkbox"/> clothes (<i>extra</i>) | <input type="checkbox"/> hearing aid batteries | <input type="checkbox"/> soap |
| <input type="checkbox"/> comb | <input type="checkbox"/> medications | <input type="checkbox"/> toothbrush/toothpaste |
| <input type="checkbox"/> denture care | <input type="checkbox"/> paper towels | <input type="checkbox"/> vitamins |
| <input type="checkbox"/> diapers | <input type="checkbox"/> saline solution/contact lens case | <input type="checkbox"/> wet wipes |

▶ First aid supplies

- | | | |
|---|---|---|
| <input type="checkbox"/> anti-diarrhea medicine | <input type="checkbox"/> ipecac syrup and activated charcoal (<i>for accidental poison</i>) | <input type="checkbox"/> scissors |
| <input type="checkbox"/> aspirin/acetaminophen | <input type="checkbox"/> ointment (<i>for cuts/insect bites</i>) | <input type="checkbox"/> sunscreen |
| <input type="checkbox"/> assorted adhesive bandages | <input type="checkbox"/> peroxide | <input type="checkbox"/> thermometer |
| <input type="checkbox"/> compresses | <input type="checkbox"/> Q-tips | <input type="checkbox"/> tweezers |
| <input type="checkbox"/> cotton balls | <input type="checkbox"/> rolls of gauze /bandages | <input type="checkbox"/> two pairs of latex gloves |
| <input type="checkbox"/> first aid tape | <input type="checkbox"/> rubbing alcohol | <input type="checkbox"/> water purification tablets |
| <input type="checkbox"/> insect repellent | | |

▶ Other necessary items

- | | | |
|--|---|--|
| <input type="checkbox"/> ABC fire extinguisher | <input type="checkbox"/> GPS device | <input type="checkbox"/> plastic wrap |
| <input type="checkbox"/> all-purpose cleaner/disinfectant | <input type="checkbox"/> hammer | <input type="checkbox"/> pliers |
| <input type="checkbox"/> aluminum foil | <input type="checkbox"/> heavy work gloves | <input type="checkbox"/> plywood |
| <input type="checkbox"/> battery-powered lighting with extra batteries | <input type="checkbox"/> ice chest | <input type="checkbox"/> safety pins, assorted |
| <input type="checkbox"/> broom | <input type="checkbox"/> large plastic food bags | <input type="checkbox"/> screwdriver |
| <input type="checkbox"/> bucket | <input type="checkbox"/> light-weight, portable folding cots | <input type="checkbox"/> screws |
| <input type="checkbox"/> bungee cords | <input type="checkbox"/> manual can opener | <input type="checkbox"/> sleeping bags or blankets |
| <input type="checkbox"/> camera with batteries with film or video tape | <input type="checkbox"/> map or atlas | <input type="checkbox"/> time-occupiers such as books, magazines, games, cards |
| <input type="checkbox"/> cash (<i>bills and change</i>) | <input type="checkbox"/> masking and/or reflective tape | <input type="checkbox"/> toilet paper |
| <input type="checkbox"/> cellphone and car-charger | <input type="checkbox"/> mop | <input type="checkbox"/> towels |
| <input type="checkbox"/> chlorinated bleach | <input type="checkbox"/> nails | <input type="checkbox"/> utility knife |
| <input type="checkbox"/> crowbar | <input type="checkbox"/> napkins or paper towels | <input type="checkbox"/> vice grips |
| <input type="checkbox"/> disposable dishware/utensils | <input type="checkbox"/> NOAA weather/AM/FM radio with an alarm feature and batteries | <input type="checkbox"/> wash cloths |
| <input type="checkbox"/> dust masks | <input type="checkbox"/> non-electric clock | <input type="checkbox"/> waterproof, portable plastic container (<i>with lid</i>) for important papers |
| <input type="checkbox"/> Fix-a-Flat for punctured tires | <input type="checkbox"/> pillows | <input type="checkbox"/> whistle |
| <input type="checkbox"/> flashlight with batteries | <input type="checkbox"/> plastic safety goggles | |
| | <input type="checkbox"/> plastic sheeting | |

