



To Be Prepared For A Disaster...

The American Red Cross suggests that we prepare a "disaster kit" with 6 basic stock supplies:

1. Water

Store in plastic containers, such as soft drink bottles (2 liter size). Avoid using any container that will decompose or break, like waxed milk cartons or glass. Allow a minimum of 2 quarts/person/day for drinking and another 2 quarts/person/day for sanitation and food preparation. Have at least a three day supply.



2. Food

Choose non-perishable foods that require no refrigeration, preparation or cooking and little or no water. Look for compact and lightweight items.

Some good suggestions might be: ready to eat canned meats, fruits, vegetables, canned juices, milk, soups, instant breakfast, non-refrigerated pudding and jello cups, high energy foods; peanut butter, jelly, crackers, granola bars, trail mixes, dried fruits, special diet items, if needed comfort foods to help when the stress and cabin fever set in, cookies, hard candy, instant coffee, teabags



3. First Aid Kit

To include: Band-Aids, antiseptic, scissors, moist towelettes, safety pins, soap
Non-prescription drugs such as: aspirin or other pain reliever, antacid, laxative, anti-diarrhea medication

4. Tools and Supplies



Paper/plastic utensils, battery radio/cell phone, flashlights, hand can opener, manual clock, tape, matches, candles, aluminum foil, plastic storage containers, paper/pencils, toilet paper/ Kleenex, hygiene items, disinfectant or bleach, plastic garbage bags, hammer/nails

5. Clothing and Bedding

Include at least 1 change of clothes and footwear/person
Hat/gloves, thermal underwear (time of year), sleeping bags or blankets/pillows.



6. Special Items

For baby, for elderly, games/books for kids, copies of important family records, i.e. insurance policies, wills, passports, social security cards, immunization records, credit card account and phone numbers.

