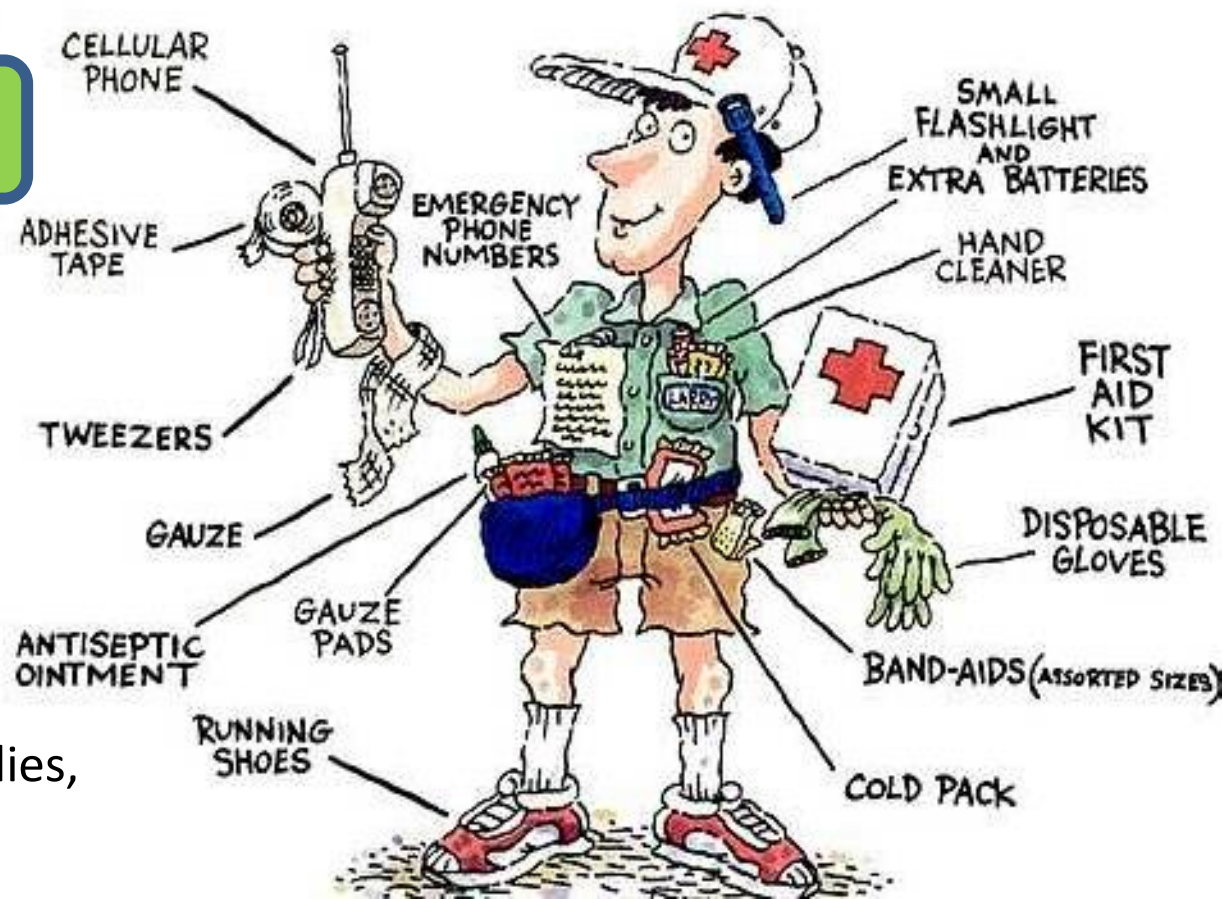


# 30 DAYS ON OUR OWN

## DISASTER PREP SUPPLIES

There are six categories of items you should have in your home:

- ❖ Food,
- ❖ Water,
- ❖ First aid supplies,
- ❖ Clothing and bedding,
- ❖ Tools and emergency supplies,
- ❖ And special items.



Keep the items that you would most likely need during an evacuation in an easy-to-find or easy-to-carry container, such as a large, covered trash container, a backpack or a duffle bag. There are many lists on the internet but the following examples are *“FOOD FOR THOUGHT”*.

## FOOD FOR 30 DAYS

Store a 30-day supply of non-perishable foods that require no refrigeration and little or no water, preparation or cooking. If you must heat food, pack a few cans of sterno. Select food items that are compact and lightweight. Include a selection of the following foods in your Disaster Supplies:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Staples – salt, sugar, pepper
- High energy foods – peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Food for infants, elderly persons, or those with special diets
- Comfort/stress foods – cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags



# WATER OR FILTER FOR 30 DAYS

Store water in glass or heavy plastic containers or filter. Avoid using containers that will break or decompose such as milk cartons. A normally active person needs 1.1 gallons of water each day for drinking and food items.



# FIRST AID SUPPLIES FOR 30 DAYS

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- Assorted sizes of safety pins
- Cleansing agent / soap
- Latex gloves (2 pairs)
- Sunscreen
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Triangular bandages (3)
- Non-prescription drugs
  - Aspirin or non-aspirin pain reliever
  - Anti-diarrhea medication
  - Antacid for stomach upset
  - Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
  - Laxative
  - Activated charcoal (use if advised by the Poison Control Center)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needles
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant



# TOOLS and SUPPLIES FOR 30 DAYS

- Mess kits, or paper cups, plates, and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Non-electric can opener, utility knife
- Fire extinguisher, small canister ABC type
- Plastic or tarps to cover windows
- Tent (to set up in your house)



- Hammer
- Crowbar
- Pliers
- Duct Tape
- Compass



- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare



- Paper, pencil
- Needles, thread
- Medicine dropper

- Shut-off wrench, to turn off household gas and water
- Whistle

- Pry bar
- Plastic sheeting
- Map of the area



- Sanitation supplies
  - Toilet paper, towelettes
  - Soap, liquid detergent
  - Personal hygiene items
  - Plastic garbage bags, ties
  - Plastic bucket with tight lid
  - Disinfectant
  - Household chlorine bleach



# CLOTHING and BEDDING FOR 30 DAYS

Include at least one complete change of clothing and footwear per person

- Sturdy shoes or work boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- sunglasses



## SPECIAL ITEMS FOR 30 DAYS

Remember family members with special requirements, such as infants and elderly or disabled persons.

### For baby:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications



### For adults:

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses



### Entertainment

- Games and books



**Important family documents** Keep these records in a waterproof, portable container:

- Will, insurance policies, contracts, deeds, stocks and bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

