

SUPPLY CHECKLISTS



Emergency Supplies

Water, food, and clean air are the essential items for survival. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Recommended Supplies to Include in a Basic Kit:

- **Water**, one gallon of water per person per day, for drinking and sanitation
- **Food**, at least a three-day supply of non-perishable food
- **Battery-powered radio** and **extra batteries**
- **Flashlight** and **extra batteries**
- **First Aid kit**
- **Whistle** to signal for help
- **Dust mask** or cotton t-shirt, to help filter the air
- **Moist towelettes** for sanitation
- **Wrench** or **pliers** to turn off utilities
- **Can opener** for food (if kit contains canned food)
- **Plastic sheeting** and **duct tape** to shelter-in-place
- **Infant formula** and **diapers**, if you have an infant
- **Garbage bags** and **plastic ties** for personal sanitation

Clothing and Bedding:

If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies to account for growing children and other family changes.

- One complete change of warm clothing and shoes per person, including:
 - A jacket or coat
 - Long pants
 - A long sleeve shirt
 - Sturdy shoes
 - A hat and gloves
 - A sleeping bag or warm blanket for each person

Other items to consider adding to your Supply Kit:

- Emergency reference material such as a first aid book or a print out of this information
- Rain gear
- Mess kits, paper cups, plates and plastic utensils
- Cash or traveler's checks, change
- Paper towels
- Fire Extinguisher
- Tent
- Compass
- Matches in a waterproof container
- Signal flare
- Paper, pencil
- Medicine dropper
- Feminine supplies
- Personal hygiene items
- Disinfectant
- Household chlorine bleach

You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

Important Family Documents:

Keep copies of important family records such as insurance policies, identification and bank account records in a waterproof, portable container.