



Home Disaster Preparedness Kit

Date created: _____

An emergency or an evacuation can last a lot longer than just a few hours or overnight. When packing, think of what you would take on a 2-week camping trip.

- Place loose items in airtight plastic bags and keep these items in large easy-to carry, waterproof containers like a trash bin or plastic tub
- Label each container with your name and address
- Add last-minute items when a warning or evacuation order is issued
- Each month, check for items that you might need to add or replace. Rethink your items and family needs, especially if new medications are needed or if children have grown.
- Store the kit in a safe place nearby a main exit. Tell family members where the kit is located.
- Store at least a three-day supply of water (one gallon of water per person per day).
**Rotate your water every six months so it stays fresh.

Food

Rotate your stored food every six months so it stays fresh.

Date added

- _____ Keep a "picnic basket" with plastic cups, plates, utensils, non-electric can opener and at least a three-day supply of non-perishable food:
- _____ Canned juices
- _____ High energy foods, i.e. peanut butter, nuts, granola, crackers, dried fruit
- _____ Ready-to-eat canned meats, fruits, and vegetables

Baby

Date added

- _____ Baby food
- _____ Blanket
- _____ Bottles
- _____ Diapers/wipes
- _____ Formula
- _____ Hat
- _____ Jacket/sweater
- _____ Medications
- _____ One-piece outfits
- _____ Pacifier
- _____ Powdered milk
- _____ Socks/booties
- _____ Sunscreen
- _____ Toys

Adults/Kids

Include items for each person:

Date added

- _____ Blankets or sleeping bags
- _____ Contact lenses and supplies
- _____ Deodorant

- _____ Extra change of clothing (one complete change per person)
- _____ Extra eye glasses
- _____ Extra pair of underwear/socks
- _____ Feminine supplies
- _____ Hat (with a brim for hot, sunny weather; wool for winter)
- _____ Insect repellent
- _____ Jacket (waterproof)
- _____ Medications
- _____ Pillows
- _____ Shampoo/conditioner
- _____ Soap
- _____ Sunscreen
- _____ Sturdy shoes or work boots
- _____ Sunglasses
- _____ Toothbrush, toothpaste, dental floss, mouthwash
- _____ Umbrellas

Sanitation

Date added

- _____ Disinfectant
- _____ Dust masks or cotton T-shirt to filter the air
- _____ Household chlorine bleach
- _____ Plastic garbage bags, ties
- _____ Rubber gloves, elbow-length
- _____ Soap, liquid detergent
- _____ Toilet paper, towelettes

First Aid Kit

Keep all first aid items together in a waterproof container.

Date added

- _____ 2-inch sterile gauze pads (4-6)
- _____ 4-inch sterile gauze pads (4-6)
- _____ 2-inch sterile roller bandages (3 rolls)

- _____ 3-inch sterile roller bandages (3 rolls)
- _____ Activated charcoal (use if advised by the Poison Control Center)
- _____ Aloe
- _____ Antacid
- _____ Anti-diarrhea medications
- _____ Aspirin or nonaspirin pain reliever
- _____ Antiseptic cream or spray
- _____ Assorted sizes of safety pins
- _____ Cleansing agent/soap
- _____ Insect repellent
- _____ Laxative
- _____ Latex gloves (2 pairs)
- _____ Moistened towelettes
- _____ Nonprescription drugs (check expiration dates every six months)
- _____ Prescription drugs (check expiration dates every six months)
- _____ Scissors
- _____ Sterile adhesive bandages in assorted sizes
- _____ Syrup of Ipecac (to induce vomiting if advised by the Poison Control Center)
- _____ Thermometer
- _____ Tongue depressor (2)
- _____ Tourniquet
- _____ Triangular bandages (3)
- _____ Tube of petroleum jelly or other lubricant
- _____ Tweezers
- _____ _____
- _____ _____
- _____ _____
- _____ _____

Notes

