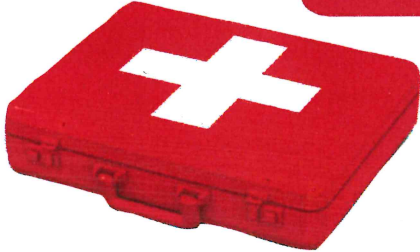




EMERGENCY PREPAREDNESS



Do you have a Disaster Supply Kit?



Don't wait for a disaster to strike before you prepare. Use the check list below to help create an easy to access disaster kit.

Disaster Supply Kit Check List

Water:

Store 1 gallon of water per person per day*

- 2 quarts for drinking
- 2 quarts for food preparation and sanitation)
- Keep a three-day supply

Food:

Store 3-day supply of nonperishable food*

- Canned meats, fruits and vegetables
- Infant/elderly special foods
- Canned juice, milk, soup
- Comfort foods – candy, cereals,
- Staples – sugar, salt, pepper instant coffee, tea bags
- High-energy foods – peanut butter, jelly, crackers, granola bars, trail mix

Kitchen Items:

- Manual can opener
- Mess kits or paper cups, plates,
- All-purpose knife
- plastic utensils
- Household bleach (for purifying water)
- Resealing plastic bags
- Camp stove and fuel
- Paper and cloth towels

First Aid Kit:

- First Aid manual
- Sunscreen
- Sterile adhesive bandages, assorted
- 2-inch sterile roller bandages (3)
- 2-inch sterile gauze pads (4-6)
- 3-inch sterile roller bandages (3)
- 4-inch sterile gauze pads (4-6)
- Scissors
- Hypoallergenic adhesive tape
- Tweezers
- Triangular bandages (3)
- Needle
- Vitamins
- Latex gloves
- Cotton balls
- Moistened towelettes
- Antibacterial ointment
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly
- Assorted sized safety pins
- Disinfectant cleaning agent/soap
- Activated charcoal
- Latex gloves
- Aspirin 20or pain reliever
- Antibacterial ointment
- Anti-diarrhea medication
- Antacid
- Syrup of Ipecac
- Laxative

Clothing & Bedding:

- Change of clothing/footwear per person
- Sturdy shoes/work boots
- Long sleeve shirt
- Rain gear
- Hat and gloves
- Jacket or coat
- Quilts and blankets
- Heavy pants
- Sleeping bag

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