

EXCERPTS FROM FEMA'S PREPAREDNESS ON A SHOESTRING

Activity: Disaster Kit Scavenger Hunt

Purpose: To educate families on how to create a low-cost disaster kit

Objectives: Identify the critical items to include in the kit for your family
Learn how to create a kit from items already in your home

Begin by finding a container or two to store your supplies. This might be a large bucket, a backpack, a plastic container, a pillowcase, or other suitable item.

Basic Critical Kit Items

Water - at least 1 gallon per person per day for at least 3 days

Sealed water bottles should be good for 1 year. Once a bottle is opened, bacteria will begin to grow in less than a month.

Food - at least a 3-day supply of nonperishable food

Good choices include canned or dried meat/tuna, fruits, juices, and vegetables, plus high-energy foods like peanut butter, cereal, and breakfast bars. Include a non-electric can opener, scissors or knife, and disposable plates, cups, and utensils. Make sure to include food for infants, those on special diets, and pets. Pack all items in plastic bags, and date food items so you will know when to replace them.

First Aid Supplies

Include bandages, cotton washcloths, cleaning agent/soap, hydrogen peroxide/isopropyl alcohol, antiseptic cream, aspirin and/or aspirin substitute. Include a list of medical conditions and prescription medications for each family member. Keep prescriptions in a travel kit in an easy-to-find place.

Copies of Important Information

You might include phone numbers, family records, insurance and financial documents, copies of passports, Social Security cards, identification papers, and immunization records for people and pets.

Flashlights, Batteries, Radio

Include a battery-powered or hand-crank radio, and extra batteries. DO NOT use candles, which can easily cause fires.

Other Supplies

You may want a whistle to signal for help, and a wrench or pliers to turn off utilities, and you should also include basic sanitation items. Don't forget to address any unique needs your family may have.

CHECK THE EXPIRATION DATES OF ITEMS IN YOUR KIT EVERY 6 MONTHS