

STOCK A KIT WITH THESE ESSENTIALS

SANITATION

- Toilet paper, moist tissues
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags and ties for personal sanitation uses
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Toothbrush, toothpaste

FOOD

Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. Pack a can of Sterno to heat food. Select food items that are compact and lightweight. Include:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High-energy foods
- Vitamins
- Food for infants
- Comfort foods such as candy and crackers

WATER

Store water in plastic containers such as soft drink bottles. Avoid containers that will break or decompose. Set aside at least 1 gallon of water per person per day and keep no less than a three-day supply. A normally active person must drink at least 2 quarts of water daily. Warm climates and intense activity can double that amount. Children, nursing mothers and sick people will need even more.



TOOLS AND SUPPLIES

- 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
- Manual can opener
- Utility knife
- Cans of Sterno
- Fire extinguisher: small ABC-type canister
- Pliers
- Screwdriver
- Hammer
- Shovel
- Ax
- Duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Emergency flares
- Paper and pencil
- Sewing kit
- Medicine dropper
- Shut-off wrench to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of your area to locate shelters
- Spare cell phone battery

FIRST-AID KIT

Assemble a first-aid kit for your home and one for each car. Prepackaged kits will simplify your shopping but check carefully to see if they contain everything you need. The American Red Cross recommends:

- Twenty adhesive bandages, various sizes
- One 5-by-9-inch sterile dressing
- One conforming roller gauze bandage
- Two triangular bandages
- Two 3-by-3-inch sterile gauze pads
- Two 4-by-4-inch sterile gauze pads
- One roll 3-inch cohesive bandage
- Two germicidal hand wipes or waterless alcohol-based hand sanitizer
- Six antiseptic wipes
- Two pairs of large medical grade nonlatex gloves
- Adhesive tape, 2-inch width
- Anti-bacterial ointment
- A cold pack
- Small scissors
- Tweezers
- A CPR breathing barrier, such as a face shield
- A first-aid manual
- Sunscreen