
Disaster/Emergency Relief Plan of Action

Family Disaster Supplies Kit

Every family should have a Family Disaster Supplies kit. The kit should be inspected at least twice a year to rotate food and water, check children's clothing for proper fit and to make adjustments to seasonal clothing needs, and check expiration dates on batteries, light sticks, and warm packs. Keep a light source stored in the top of your kit for easy access in the dark. Your kit should be in a portable container located near an exit of your house like a large plastic garbage can with a lid. However, do not overload your kit, as you may have to carry it long distances to reach safety or shelter. Backpacks or duffle bags for each family member work as a way to divide up the rations in the event that family members are separated during evacuation or the disaster. The kit should have the following:

1. 3-5 gallons of water (one gallon of water per person per day)
2. Method of water purification
3. Matches in a waterproof container
4. Lightweight stove and fuel
5. First aid kit and supplies, including burn gel and dressings
6. Tent/shelter
7. Household chlorine bleach
8. Fire extinguisher: small canister, ABC type
9. Shovel and hatchet or axe
10. Special or prescription medication
11. Cash (at least \$20) or traveler's checks, change for phone calls
12. Portable toilet
13. Whistle with neck cord
14. Important family papers (copies of birth certificates, marriage licenses, wills, insurance forms, phone numbers, credit card information)
15. Mess kits, paper cups, plates and plastic utensils
16. Rain poncho
17. Flashlights with extra batteries, light sticks, lantern with fuel and wicks
18. Radio, batteries, and extra batteries
19. Tape
20. Food. Examples: canned meats, fruits, and vegetables; canned juices, milk, soup; high energy foods - peanut butter, jelly, crackers, granola bars, trail mix; specialty foods for infants, elderly persons or persons on special diets; comfort/stress foods (cookies, hard candy, sweetened cereals, and lollipops) instant coffee, tea bags, and vitamins
21. Wool-blend blankets or sleeping bags (1 per person)
22. Bottle of potassium iodide tablets
23. Second method of starting a fire
24. Hand and body warm packs
25. Contact lenses and supplies; a spare set of contacts or glasses if available
26. Emergency reflective blanket
27. Aluminum foil
28. Compass
29. Signal flare
30. Insect repellent
31. Baby items like formula, diapers, bottles, powdered milk, medications, and favorite security items
32. Personal sanitation equipment
33. 50-foot nylon rope
34. Personal comfort kit, include soap, toothbrush, toothpaste, comb, tissue, razor, deodorant, and any other needed items
35. Non-electric can opener
36. Sun block/sun glasses, hat
37. Tools (pliers, hammer, screw drivers, bolt cutters, pocket/utility knife)
38. Sewing kit
39. Games, books, toys
40. Extra Clothing (include at least one complete change of clothing and footwear per person per day) extra socks, underwear, hat, gloves, and sturdy shoes