

Basic Disaster Supplies Kit

A basic emergency supply kit could include the following items:

Water – one gallon of water per person per day for at least three days for drinking and sanitation

Food – at least a three-day supply on non-perishable food, manual can opener, knife

- Portable gas stove or matches / lighter, cookpot

- Battery powered or hand crank radio unit, with extra batteries



- Flashlight and extra batteries

- First Aid Kit, with whistle

- Dust mask and plastic sheeting, to use if air is bad or

you need to shelter in place

- Moist towelettes, garbage bags and plastic ties

- Wrench or pliers to turn off utilities

- Local Maps

- Cell phone with chargers, inverter or solar panel charger

- Scissors, tweezers

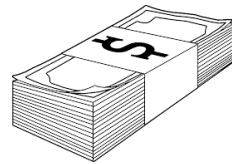
- Basic toiletries (toilet paper, comb, multi-use soap like Dr. Bronner's, toothbrush and toothpaste, washcloth, extra hair ties if needed)

- Change of clothes, shoes

Advanced Disaster Supplies Kit

In addition to the items for the basic disaster supply kit, consider the following items for a more advanced supply kit:

- Extra prescription medications (one-week supply) and extra prescription glasses/contacts



- Cash and change, or traveller's checks

- Copies of important documents (insurance

policies, identification, birth certificate and/or social security cards, bank numbers and accounts, etc) in a waterproof portable container

- Sleeping bag or warm blanket for each person appropriate for the climate and season

- Tent big enough for family size

- Mess kit, paper plates/bowls, eating utensils

- Additional clothing appropriate for climate and season

- Water purification pump, tablets, or drops. In a pinch, non-scented regular chlorine bleach will do, at a ratio of 16 drops per gallon of water. Do not use scented or color-safe bleaches, or bleaches with added cleaners.

- Infant formula and diapers, if applicable

- Pet food and water for three days

- Books, puzzles or travel games to stay occupied

How to Create an Emergency Evacuation Kit



PLACE YOUR TOWN INFO HERE

From tornadoes to blizzards to wildfires, natural disasters can be frightening. While these emergencies come in many forms, and may require anything from a brief evacuation to a permanent evacuation, there is one thing you can do to ensure your safety – PREPARE!

If you're forced to leave your home, you may have less than a minute to grab things and go, so it is important to have your bag ready in a easily accessible location. Having it ready could mean the difference between your well being and hardship.

You can't control disasters, but you can control how prepared you are for them.

What you'll need:

Beyond just stocking up on supplies, you'll need other important things in your evacuation kits. Personal documents are a crucial part of this. These could include:

Identification: Copies of driver's licences, social security card, birth certificate, and marriage records. Don't forget documents for other family members too!

Insurance: Copies of home, auto, and health policy information. If you or your property is damaged, these will make sorting things out afterwards so much easier.

Banking: At a minimum, banking and checking account information. Consider keeping a few checks in this file too.

Legal Documents: Copies of wills and power-of-attorney's for not only you, but anyone in your household you are responsible for.

Contact Information: Especially since most of us no longer have phone numbers memorized, having this info for close friends and family, doctors, and work contacts will be useful.

Other Important Items:

- Cash in small denominations, as you may be unable to access ATM's or banks during a emergency. Credit and debit cards may not work without internet service either.

- Medication: keep a seven-day supply of essential medication in your bag. Make sure to rotate the items as needed to ensure the stock is fresh and will work as intended. Have extra copies of prescriptions handy, or on file at a national pharmacy, or entrusted to a friend or family member who lives far enough away any local disasters will not have impacted them.

- First Aid Kit, to include: bandages in various sizes, gauze pads, adhesive cloth tape, antiseptic wipe packets, antibiotic ointment, hydrocortisone cream, thermometer, non-latex gloves, scissors, tweezers, aspirin or another painkiller, and allergy medication. Also include anything else you predict needing, such as a tick removal device in tick infested areas.



- Connectivity: an extra cell phone charger. Be aware though that during some emergencies the cell reception will be bad or the network may be overloaded.

- Navigation: A map of your city or region, including street names. Disasters often force detours, and maps will help prevent you from getting lost.

However, maps only work if you can read them, so make sure you have some basic map reading ability at hand.

Pulling it all together:

Use a large water-resistant backpack (or duffle bag, though it is not preferable) to hold your emergency kit in an easy to find location. Look for bags with padded shoulder straps and waist straps to make it easier to carry long distances, and multiple pockets may come in handy.



Make sure documents are in a waterproof case inside the backpack, as well as anything else that may be harmed by water.

Studies have shown that the more prepared someone is for an emergency, the less anxious they are during one, and the quicker and easier recovery is.

