

Emergency Preparedness at Home

Preparing your family for a disaster is extremely important. You should plan to be without any emergency services for at least three to five days. The size of your family will determine what your requirements will be. You can assemble an emergency supply kit by packing the following items in a sturdy barrel.

Emergency Supply Kit:

Top of the Barrel

- Flashlight
- Battery operated radio and extra batteries
- First aid kit
- Personal items
 - Eyeglasses
 - Antibiotic ointment
 - Eye wash
 - Aspirin
 - Kaopectate
 - Medication recommended by your doctor, i.e. insulin, heart medication
- First aid dressings
 - Adhesive tape, 2 in W. Roll
 - Sterile bandage, 2 in W Roll and 4 in W Roll
 - Bandage, large triangle
 - Bandages, plastic strips
 - Cotton-tipped swabs
 - Sterile absorbent cotton
 - Ace bandages
 - Butterfly bandages
 - Box of disposable diapers/ large gauze
- Miscellaneous
 - Scissors
 - Tweezers
 - Thermometer
 - Petroleum jelly
 - Rubbing alcohol
 - Tissues
 - Pocket knife
 - Water purification tablets
 - Eye dropper
 - First Aid Handbook

Middle of the Barrel

- Food - Three day supply of food requiring no refrigeration. Date all food items, write out menu for each day.
Examples:
 - Canned tuna, pork and beans, and stew (½ lb /person/day)
 - Nonfat dry milk (1/2 lb/person/day)
 - Graham crackers (½ lb/person/day)
 - Dried apricots (½ lb/person/day)
 - Canned orange or tomato juice
 - Peanut butter (½ lb/person/day)
 - Water (1 gal/person/day)

Bottom of the Barrel

- I. Bedding
 - Sleeping bag/blankets
 - Plastic sheet/tarp
- I. Clothing
 - One change person including heavy shoes or boots
 - Coat
 - Tennis shoes
- I. Personal Supplies
 - Toiletries
 - Towel
 - Reading material
 - Paper/pencil
- I. Fuel and Light
 - Matches
 - Candle
 - Signal Flare
 - Sterno canned heat
- I. Equipment
 - Can opener
 - Dishpan
 - Dishes(disposable)
 - Utensils (disposable)
 - Ax
 - Shovel
 - Bucket (plastic liners)
- I. Infant needs as applicable
 - Personal documents (these may be kept in barrel or other place you can get to quickly)
 - Copy of driver's license
 - List of credit cards, checking and savings account numbers
 - Insurance policies - health, life, auto, house
 - Birth certificates
 - Medical history
 - Passports
 - U.S. service discharge papers
 - Ownership certificates (pink slips) for autos trailers, boats, etc.
 - Social Security cards
 - Wills
 - Certificates of Authenticity for art objects
 - Household inventory
 - Cash (min \$100 in small bills)
 - List of contents
 - Pictures of each room - two angles
 - Photos of jewelry taken on a black cloth

GET YOUR KIT TOGETHER!

3 – 5 Day Kit For your home or office



It is never too early to prepare! Disasters seldom give any warning and are often devastating to their victims.

Prepare yourself for a minimum of 3 – 5 days. Due to overwhelming need or no road access, emergency services may not be available for a long time after a major disaster.

