

## **Disaster Supplies Checklists**

The following list is to help you determine what to include in your disaster supplies kit that will meet your family's needs.

### **First Aid Supplies**

Adhesive bandages, various sizes  
Dust Mask  
3" x 3" sterile gauze pads  
Roll 3" adhesive bandage  
Germicidal hand wipes or waterless, alcohol-based hand sanitizer  
Antiseptic wipes  
Pairs large, medical grade, non latex gloves  
Antibacterial ointment  
Cold pack  
Scissors (small, personal)  
Tweezers  
Thermometer  
Sunscreen  
First Aid Manual

### **Sanitation and Hygiene Supplies**

Moist towelettes, soap, hand sanitizer  
Garbage bags and ties for personal sanitation  
Household Chlorine Bleach and medicine dropper- Used as disinfectant; 16 drop of chlorine to 1 gallon of water  
Tooth paste, toothbrushes  
Contact Lens Solution  
Feminine Hygiene Supplies

### **Non Prescription and Prescription Medicine Kit Supplies**

Aspirin and non-aspirin pain reliever  
Prescriptions and glasses

### **Equipment and Tools**

Portable, battery powered radio or television and extra batteries  
NOAA Weather Radio, if appropriate for your area  
Flashlight and extra batteries  
Matches in a waterproof container (or waterproof matches)  
Shut-off Wrench, pliers, shovel, and other tools  
Whistle  
Paper, pens, and pencils  
Children's activities

### **Documents and Keys**

(Make sure to keep these items in a waterproof container)

#### *Items:*

Personal Identification  
Cash and Coins  
Credit Cards  
Extra Set of house keys and car keys

#### *Copies of the following:*

Birth Certificate  
Marriage Certificate  
Driver's License  
Social Security Cards  
Passport  
Will  
Deeds  
Inventory of household goods  
Insurance Papers  
Immunization Records  
Bank and credit card account numbers  
Stocks and Bonds

Emergency contact list and phone numbers  
Cell Phone with Chargers  
Map of the area and phone numbers of places you could go

### **Food and Water**

*Enough for 3 days*

Water, one gallon per person per day  
Canned or boxed juices, milk, and soup  
High energy foods such as peanut butter, jelly, low sodium crackers, granola bars and trail mix  
Special Foods for infants or persons on special diets, pets included  
Instant Coffee  
Mess Kits, paper plates, cups, plastic utensils and paper towels  
Can Opener

### **Other**

Sleeping Bags for each person  
Complete Change of Clothing- Consider additional clothing in cold weather  
Duct Tape and Plastic Sheeting