### Disaster Supplies and Preparedness

**Disaster Supplies Checklist**

Have a 5 - 7 day supply of water, non-perishable food, medication and other necessary items per person and per pet. To calculate the amount of water and food, remember:

- **1-2 gallons of potable water per day, per person**
- **½ - 1 gallon of water per day, per pet**
- **3 meals per day, per person**
- **store water for non-potable uses in clean tubs or other suitable containers**

Below are suggested food items. Selections should be based on family needs and preferences. When possible, choose low-salt, water-packed varieties.

#### Food/drink items
- bottle/canned/powdered drinks
- bottled water
- bread
- canned fruits
- canned meats
- canned vegetables
- cereal
- crackers
- granola bars
- infant food and formula
- jelly
- peanut butter
- shelf-stable milk
- sugar or sweetener

#### Personal items
- baby bottles
- cash/coins
- clothes (extra)
- comb
- denture care
- diapers
- eyeglasses (extra pair)
- feminine hygiene products
- hearing aid batteries
- medications
- paper towels
- saline solution/contact lens case
- sewing kit
- shaving supplies
- soap
- toothbrush/toothpaste
- vitamins
- wet wipes

#### First aid supplies
- anti-diarrhea medicine
- aspirin/acetaminophen
- assorted adhesive bandages
- compresses
- cotton balls
- first aid tape
- insect repellent
- ipecac syrup and activated charcoal (for accidental poison)
- ointment (for cuts/insect bites)
- peroxide
- Q-tips
- rolls of gauze/bandages
- rubbing alcohol
- scissors
- sunscreen
- thermometer
- tweezers
- two pairs of latex gloves
- water purification tablets

#### Other necessary items
- ABC fire extinguisher
- all-purpose cleaner/disinfectant
- aluminum foil
- battery-powered lighting with extra batteries
- broom
- bucket
- bungee cords
- camera with batteries with film or video tape
- cash (bills and change)
- cellphone and car-charger
- chlorinated bleach
- crowbar
- disposable dishware/utensils
- dust masks
- Fix-a-Flat for punctured tires
- flashlight with batteries
- GPS device
- hammer
- heavy work gloves
- ice chest
- large plastic food bags
- light-weight, portable folding cots
- manual can opener
- map or atlas
- masking and/or reflective tape
- mop
- nails
- napkins or paper towels
- NOAA weather/AM/FM radio with an alarm feature and batteries
- non-electric clock
- pillows
- plastic safety goggles
- plastic sheeting
- plastic wrap
- pliers
- plywood
- safety pins, assorted
- screwdriver
- screws
- sleeping bags or blankets
- time-occupiers such as books, magazines, games, cards
- toilet paper
- towels
- utility knife
- vice grips
- wash cloths
- waterproof, portable plastic container (with lid) for important papers
- whistle