

Family Disaster Kit!

Date Completed _____

Next Update On/or Before _____

Check list should be updated every 6 months to keep freshness and Plenishible.

Essentials: Battery-operated radio Flashlight Extra batteries (Do not include candles, which cause more fires after a disaster than anything else.)

Water: 3 gallons/person, minimum, in a food-grade, plastic container Additional water for sanitation, include pets.

Food: Minimum 3-day supply of non-perishable food that requires no refrigeration, or preparation, and little or no water.

Food Kit:

- Ready to eat soups (not concentrated) [] *Total Count* [_____]
- Canned fruits [] *Total Count* [_____]
- Canned juice [] *Total Count* [_____]
- MRE's "Meals Ready to Eat" [] *Total Count* [_____]
- Canned vegetables [] *Total Count* [_____]
- Ready-to-eat canned meats [] *Total Count* [_____]
- Quick energy snacks [] *Total Count* [_____]

First Aid Kit: (one for your home and one for each car)

- Scissors [] *Total Count* [_____]
- Thermometer [] *Total Count* [_____]
- Needle [] *Total Count* [_____]
- Latex gloves (2 pairs) [] *Total Count* [_____]
- Moistened towelettes [] *Total Count* [_____]
- 2" sterile gauze pads (4-6) [] *Total Count* [_____]
- Sunscreen [] *Total Count* [_____]
- Tweezers [] *Total Count* [_____]
- Cleansing agent/soap [] *Total Count* [_____]
- Tongue blades (2) [] *Total Count* [_____]
- Assorted sizes of safety pins [] *Total Count* [_____]
- 4" sterile gauze pads (4-6) [] *Total Count* [_____]

- 2" sterile roller bandages (3 rolls)
- Tube of petroleum jelly or other lubricant [] *Total Count* [_____]
- 3" sterile roller bandages (3 rolls)
- Triangular bandages (3) [] *Total Count* [_____]

Non-Prescription Drugs:

- Antacid (for stomach upset) [] *Total Count* [_____]
- Aspirin or non-aspirin pain reliever [] *Total Count* [_____]
- Anti-diarrhea medication [] *Total Count* [_____]

Tools and Supplies:

- Whistle [] *Total Count* [_____]
- Crowbar [] *Total Count* [_____]
- Paper, pencil [] *Total Count* [_____]
- Medicine dropper [] *Total Count* [_____]
- Signal flare [] *Total Count* [_____]
- Mess kits, or paper cups, plates and plastic utensils [] *Total Count* [_____]
- Cash or traveler's checks, change [] *Total Count* [_____]
- Non-electric can opener, utility knife [] *Total Count* [_____]
- Aluminum foil [] *Total Count* [_____]
- Heavy cotton rope [] *Total Count* [_____] [] *Total Count* [_____]
- Plastic sheeting [] *Total Count* [_____]
- Needles, thread [] *Total Count* [_____]
- Matches in a waterproof container [] *Total Count* [_____]
- Pliers, screwdriver, hammer [] *Total Count* [_____]
- Plastic storage containers [] *Total Count* [_____]
- Tape, duct and plumber's tape or strap iron [] *Total Count* [_____]

Sanitation:

- Disinfectant [] *Total Count* [_____]
- Feminine supplies [] *Total Count* [_____]
- Toilet paper, towelettes, paper towels [] *Total Count* [_____]
- Plastic bucket with tight lid [] *Total Count* [_____]
- Soap, liquid detergent [] *Total Count* [_____]
- Plastic garbage bags, ties (for personal sanitation uses) [] *Total Count* [_____]

Clothing and Bedding:

- One complete change of sturdy clothing and footwear (boots) per person [] *Total Count* [_____]
- Blankets or sleeping bags [] *Total Count* [_____]

For Baby:

- Formula [] *Total Count* [_____]
- Bottles [] *Total Count* [_____]
- Powdered milk [] *Total Count* [_____]
- Diapers, and wipes [] *Total Count* [_____]
- Medication [] *Total Count* [_____]
- Bike Helmet to protect the head also use for older kids or disabled persons [] *Total Count* [_____]

For Pet:

- Litter, absorbent pad for sanitation [] *Total Count* [_____]
- Food and water [] *Total Count* [_____]
- Non-tippable food and water containers [] *Total Count* [_____]

Special Needs, or Supplies for the Disabled:

- Diapers, and wipes [] *Total Count* [_____]
- Spare Canes [] *Total Count* [_____]
- Glasses Repair Kit [] *Total Count* [_____]
- Medical supplies [] *Total Count* [_____]
- Spare Wheelchair [] *Total Count* [_____]
- Special Feeding Instruments [] *Total Count* [_____]

Important Family Documents:

Copy of will, insurance policies, contracts, deeds, stocks and bonds Copy of passports, social security cards, immunization records Record of credit card account numbers and companies Family records (birth, marriage, death certificates) Record of bank account numbers Inventory of valuable household goods Important telephone numbers. [] *Total Count* [_____]

NOTICE: Take some bills with your home address and mailed envelopes along to get back to your house. After a tragic tornado or storm event it can be difficult to get back to your house

without proper Identification. Bills and post marked envelopes are very helpful and may allow you back to your home sooner. [] **Total Count** [_____]