



## FAMILY DISASTER KIT CHECKLIST

Following is a list of the *essentials* for what you will need to create your own home disaster kit. You might be surprised to see that most of the items are things you already have. Even if you have everything on this list, now is the best time to organize everything so it is all together when you need it. Medications change, babies arrive, new pets join the family and people move. Check and update your water, food, batteries, medications and contact phone numbers at least once a year.

- Cell Phone, charger (there are also emergency crank or battery powered cell phone chargers) and headset so you can talk hands free.
- Bottled water (1 gallon per person per day for drinking, plus an additional gallon for teeth brushing, bathing, cooking, etc.).
- Battery-powered radio with extra batteries.
- Flashlight **and** batteries.
- Keep your vehicle fueled up. Get in the habit of not letting your gas tank get below half full. In an emergency, when it may be difficult or impossible to get fuel, you will be very thankful you have it.
- Dry and canned foods **and** can opener (make sure the canned and packaged foods don't have too much salt – they will make you more thirsty and with limited water around, that isn't the best thing).
- Disposable eating utensils, dinnerware and cooking tools.
- Baby needs, including diapers, wipes and food.
- Pet needs, food, water, collar and leash.
- Medical supplies, including prescription medications, eyeglasses, contacts, etc.
- Toilet paper, paper towels, hand sanitizer and feminine needs.
- Trash bags.
- Soap and toiletries.

- Scissors and tweezers.
- Utility knife.
- Crow bar.
- First Aid Kit including:
  - first aid instruction guide
  - bandages of various sizes and types
  - elastic wrap
  - adhesive tape
  - finger splints
  - eye pads
  - sterile dressings
  - gauze roll
  - examination gloves
  - instant cold pack
  - burn cream
  - antibacterial ointment
  - alcohol prep pads
  - hydrogen peroxide spray
- Comfortable thick soled shoes and socks.
- Whistle.
- Waterproof matches and emergency candles (do not use if you smell gas or hear a hissing sound).
- Duct tape.
- Rope.
- Emergency blanket.
- Work gloves.
- Small towel or clean rag.
- Bandana or dust mask.
- Change of clothes.
- Cap or visor.

- Pen and paper.
- Emergency contact numbers.
- Emergency gas shut off tool.
- Fire extinguisher.
- Road map.
- Important personal documents.
- Comfort items - especially for children (stuffed animal, toy, cards, etc.)
- Backpack to store important items so you can grab and go.