



Family Disaster Supplies Kit

Be Prepared

Below is a list of essentials that should be placed in a bag, or any other portable container, and ready to go in the event of a disaster. Experience shows that individuals may need to survive on their own after a major disaster for up to three days.

This information is brought to you by the Extension Disaster Education Network (EDEN). Our goal is to reduce the impact of disaster through education.

General Contents

- Copy of family disaster plan with listing of medications & important numbers
- Photocopies of credit and identification cards.
- Battery powered (or Crank) radio and extra batteries
- Battery powered (or Crank) flashlight and extra batteries
- Blanket or emergency blanket (Mylar)
- First aid kit and manual
- Bottled water
- Non-perishable, high-energy foods, such as granola bars, raisins, canned meat and peanut butter.
- Sanitation and hygiene items (moist towelettes and toilet paper)
- Note pad and pencil
- Sturdy shoes/boots, stocking cap
- Extra set of clothes & underclothes
- Whistle and hand-held mirror or flare
- Hand/foot/body warmers
- Camping matches
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries

Additional Contents for Winter

- Small snow shovel
- Jumper cables
- Tow rope or chain
- Maps
- Small Fire Extinguisher (ABC type)
- Tube of sand or kitty litter
- Heavy mittens, scarf and wool socks
- An emergency candle and a tin can to warm the car

Maintaining Your Kit

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.

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Re-think your needs every year and update your kit as your family needs change.