

The American Red Cross and the Centers for Disease Control and Prevention
Preparedness Today: What You Need To Do

Disaster Supplies Kit

A disaster supplies kit is a collection of basic items that could be needed in the event of a disaster.

Assemble the following items to create kits for use at home, the office, at school and/or in a vehicle:

- **Water**—three gallons for each person who would use the kit and an additional four gallons per person or pet for use if you are confined to your home
- **Food**—a three-day supply in the kit and at least an additional four-day supply per person or pet for use at home

You may want to consider stocking a two-week supply of food and water in your home.

- **Items for infants**—including formula, diapers, bottles, pacifiers, powdered milk and medications not requiring refrigeration
- **Items for seniors, disabled persons or anyone with serious allergies**—including special foods, denture items, extra eyeglasses, hearing aid batteries, prescription and non-prescription medications that are regularly used, inhalers and other essential equipment.
- **Kitchen accessories**—a manual can opener; mess kits or disposable cups, plates and utensils; utility knife; sugar and salt; aluminum foil and plastic wrap; re-sealable plastic bags
- **A portable, battery-powered radio or television and extra, fresh batteries**
- **Several flashlights and extra, fresh batteries**
- **A first aid kit**
- **One complete change of clothing and footwear for each person**—including sturdy work shoes or boots, raingear and other items adjusted for the season, such as hats and gloves, thermal underwear, sunglasses, dust masks
- **Blankets or a sleeping bag for each person**
- **Sanitation and hygiene items**—shampoo, deodorant, toothpaste, toothbrushes, comb and brush, lip balm, sunscreen, contact lenses and supplies and any medications regularly used, toilet paper, towelettes, soap, hand sanitizer, liquid detergent, feminine supplies, plastic garbage bags (heavy-duty) and ties (for personal sanitation uses), medium-sized plastic bucket with tight lid, disinfectant, household chlorine bleach
- **Other essential items**—paper, pencil, needles, thread, small A-B-C-type fire extinguisher, medicine dropper, whistle, emergency preparedness manual
- **Entertainment**—including games and books, favorite dolls and stuffed animals for small children
- **A map of the area** marked with places you could go and their telephone numbers
- **An extra set of keys and ids**—including keys for cars and any properties owned and copies of driver's licenses, passports and work identification badges
- **Cash and coins and copies of credit cards**
- **Copies of medical prescriptions**

- **Matches** in a waterproof container
- **A small tent, compass and shovel**

Pack the items in easy-to-carry containers, label the containers clearly and store them where they would be easily accessible. Duffle bags, backpacks, and covered trash receptacles are good candidates for containers. In a disaster situation, you may need access to your disaster supplies kit quickly—whether you are sheltering at home or evacuating. Following a disaster, having the right supplies can help your household endure home confinement or evacuation.

Make sure the needs of everyone who would use the kit are covered, including infants, seniors and pets. It's good to involve whoever is going to use the kit, including children, in assembling it.

Benefits of Involving Children

- Involving children is the first step in helping them know what to do in an emergency.
- Children can help. Ask them to think of items that they would like to include in a disaster supplies kit, such as books or games or nonperishable food items, and to help the household remember to keep the kits updated. Children could make calendars and mark the dates for checking emergency supplies, rotating the emergency food and water or replacing it every six months and replacing batteries as necessary. Children can enjoy preparing plans and disaster kits for pets and other animals.

Disaster Supplies Kit Checklist for Pets

- Food and water for at least three days for each pet, food and water bowls and a manual can opener
- Depending on the pet, litter and litter box or newspapers, paper towels, plastic trash bags, grooming items, and household bleach
- Medications and medical records stored in a waterproof container, a first aid kit and a pet first aid book
- Sturdy leashes, harnesses and carriers to transport pets safely and to ensure that your pets cannot escape. A carrier should be large enough for the animal to stand comfortably, turn around, and lie down. Your pet may have to stay in the carrier for hours. Be sure to have a secure cage with no loose objects inside it to accommodate smaller pets. These may require blankets or towels for bedding and warmth and other special items
- Pet toys and the pet's bed, if you can easily take it, to reduce stress
- Current photos and descriptions of your pets to help others identify them in case you and your pets become separated, and to prove that they are yours
- Information on feeding schedules, medical conditions, behavior problems and the name and telephone number of your veterinarian in case you have to board your pets or place them in foster care.

Additional Supplies for Sheltering-in-Place

In the unlikely event that chemical or radiological hazards cause officials to advise people in a specific area to "shelter-in-place" in a sealed room, households should have in the room they have selected for this purpose:

- A roll of duct tape (10 millimeters thick) and scissors
- Plastic sheeting pre-cut to fit shelter-in-place room openings

Ten square feet of floor space per person will provide sufficient air to prevent carbon dioxide buildup for up to five hours. Local officials are unlikely to recommend the public shelter in a sealed room for more than two-three hours because the effectiveness of such sheltering diminishes with time as the contaminated outside air gradually seeps into the shelter.

NOTE: Always keep a shut-off valve wrench near the gas and water shut-off valves in your home.

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