

FEMA: Family Basic Disaster Supplies

Keep the items that you would most likely need during an evacuation in an easy-to-carry container. Possible containers include a large, covered trash container; a camping backpack; or a duffle bag.

There are six basics you should stock in your home:

Water: <http://www.fema.gov/plan/prepare/water.shtm>

How Much Water do I Need?

You should have at least a three-day supply of water and you should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking.

Additionally, in determining adequate quantities, take the following into account:

- Individual needs vary depending on age, physical condition, activity, diet, and climate.
- Children, nursing mothers, and ill people need more water.
- Very hot temperatures can double the amount of water needed.
- A medical emergency might require additional water.

How Should I Store Water?

To prepare the safest and most reliable emergency supply of water it is recommended that you purchase commercially bottled water. Keep bottled water in its original container and do not open it until you need to use it.

Observe the expiration or “use by” date.

If You are Preparing Your Own Containers of Water

It is recommended that you purchase food-grade water storage containers from surplus or camping supply stores to use for water storage. Before filling with water, thoroughly clean the containers with dishwashing soap and water. Rinse them completely so that there is no residual soap. Follow the directions below on filling the container with water.

If you choose to use your own storage containers, choose two-liter plastic soft drink bottles NOT plastic jugs or cardboard containers that have had milk or fruit juice in them. Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them. Cardboard

containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.

If storing water in plastic soda bottles, follow these steps:

Thoroughly clean the bottles with dishwashing soap and water. Rinse completely so that there is no residual soap. Sanitize the bottles by adding a solution of 1 teaspoon of non-scented, liquid household chlorine bleach to a quart of water. Swish the sanitizing solution around in the bottle so that it touches all surfaces. After sanitizing the bottle, thoroughly rinse out the sanitizing solution with clean water.

Filling Water Containers

Fill the bottle to the top with regular tap water. If the tap water has been commercially treated from a water utility with chlorine, you do not need to add anything else to the water to keep it clean. If the water you are using comes from a well or water source that is not treated with chlorine, add two drops of non-scented, liquid household chlorine bleach to the water. Tightly close the container using the original cap. Be careful not to contaminate the cap by touching the inside of it with your finger. Place a date on the outside of the container so that you know when you filled it. Store in a cool, dark place. Replace the water every six months if not using commercially bottled water.

Food: <http://www.fema.gov/plan/prepare/food.shtm>

Store at least a three day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, pack a can of Sterno. Select food items that are compact and lightweight. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.

*Include a selection of the following foods in your Disaster Supplies Kit:

Note: Be sure to include a manual can opener.

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, and soup (if powdered, store extra water)
- Staples--sugar, salt, pepper
- High energy foods--peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Foods for infants, elderly persons, or persons with special dietary needs
- Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags

First aid supplies: <http://www.fema.gov/plan/prepare/firstaid.shtm>

Assemble a first aid kit for your home and one for each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- 3-inch sterile roller bandages (3 rolls)
- Scissors
- Tweezers
- Needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tongue blades (2)
- Tube of petroleum jelly or other lubricant
- Assorted sizes of safety pins
- Cleansing agent/soap
- Latex gloves (2 pair) Sunscreen

Non-prescription drugs

- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid (for upset stomach)
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

[Contact your local American Red Cross chapter](#) to obtain a basic first aid manual.

Clothing, bedding and sanitation supplies:

<http://www.fema.gov/plan/prepare/clothing.shtm>

Clothing and Bedding

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat.

*Include at least one complete change of clothing and footwear per person.

- Jacket or coat
- Long pants

- Long sleeve shirt
- Sturdy shoes or work boots
- Hat, gloves and scarf
- Rain gear
- Thermal underwear
- Blankets or sleeping bags
- Sunglasses

Sanitation

- Toilet paper
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Tools: <http://www.fema.gov/plan/prepare/tools.shtm>

- Mess kits, or paper cups, plates and plastic utensils
- [Emergency preparedness manual](#)
- Portable, battery-operated radio or television and extra batteries
- Flashlight and extra batteries
- Cash or traveler's checks, change
- Nonelectric can opener, utility knife
- Fire extinguisher: small canister, ABC type
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Special items:

Remember family members with special needs, such as infants and elderly or disabled persons.

- **For Baby**
 - Formula
 - Diapers
 - Bottles
 - Pacifiers
 - Powdered milk
 - Medications
- **For Adults**
 - Heart and high blood pressure medication
 - Insulin
 - Prescription drugs
 - Denture needs
 - Contact lenses and supplies
 - Extra eye glasses
 - Hearing aid batteries
- **Entertainment--games and books.**

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