

Personal and Family Disaster Planning

Disaster Supply Kit

1. Water for three to five days (remember water for pets also); a normal person needs 2 quarts of water per day
2. Cans of food
3. Food items such as nuts, dried fruit and other packaged snacks
4. Blanket, small pillow
5. Inflatable bed (may be used as a float if needed)
6. Closable waterproof plastic bags
7. Backpack for carrying items
8. Battery-operated radio (change the batteries every six months)
9. Medications to last 14 days
10. Personal hygiene items
11. Extra eyeglasses
12. Manual can opener
13. Flashlight with extra batteries
14. Facemasks to protect from dust
15. Traffic flares
16. Duct tape and scissors
17. Whistle
18. Plastic sheeting
19. Work gloves
20. One complete change of clothes
21. Heavy duty plastic garbage bags and ties — for personal sanitation uses — and toilet paper
22. Compass
23. Waterproof matches
24. Waterproof markers (use to write a young child's name, address, phone number and next of kin phone number on children's feet)
25. Over-the-counter medications for diarrhea, headache, nausea and vomiting
26. Basic first-aid kit
27. Cellphone charger
28. Water purifier kit
29. Sunscreen and insect repellent
30. Cash



Home Safety

1. Draw a floor plan of your home. Mark two escape routes from each room.
2. Make sure everyone in your household knows how to shut off water, gas and electricity at the main switches.
3. Post emergency phone numbers by the telephones. Teach children how and when to call 911.

4. Identify two meeting places. The first meeting place should be near your home in case of a fire; the second should be away from your neighborhood in case you cannot return home.
5. Keep car gas tanks filled.

Important Documents to Store in a Safe Place*

1. Birth certificates
2. Immunization records
3. Homeowners insurance policy with contact information
4. Health records
5. Copy of driver's license
6. Complete list of medications
7. Copies of health insurance cards
8. List of all emergency phone numbers for family
9. List of all credit card numbers

* Consider laminating documents so they are waterproof and storing them in a fireproof safe, on a password-protected thumb drive or on an online "cloud" server.

Other Tips

1. Consider ways to help neighbors who may need special assistance, such as the elderly or the disabled.
2. Make arrangements for pets in case local evacuation shelters do not accept pets.
3. Identify an out-of-state family member or friend who can serve as a single point of contact for all your family members.

