

## Clothing & Bedding

- One complete change of clothes per person.
- Sturdy shoes/boots
- Blanket or sleeping bag



## Special Items

- Medications (Ask your physician or pharmacist about storing prescription medications).
- Eye glasses.
- Denture supplies.
- Contact lenses and supplies.
- Important family documents (Keep in a waterproof container or zip lock bag).



## Additional Items

(These items are not necessary to have in your kit but will improve it):

- Fire extinguisher
- Pliers
- Screwdrivers
- Hammer
- Saw
- Knife
- Axe
- Shovel
- Broom
- Compass
- Needle and thread
- Tube or pup tent



## Maintain Your Kit

- Change/Rotate stored water and food every six month.
- Update your Emergency Supply Kit once a year.

## Things to do to Prepare for an Emergency

- Take a CPR and First Aid class (locally, check with the Bellville/Jefferson Township Fire Department).
- Make a list of important phone numbers and contacts for each family member to keep in a safe place.
- Make plans for emergency child care.
- Plan a meeting place.

## Cell Phone?

- Do you have a battery backup for your smart phone?
- Remember: cell phone service may not work in a disaster situation; do not rely solely on your cell phone for news or information.



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# Making Your Own Emergency Supply Kit



## Emergency Supply Kit

Be prepared for any type of disaster by planning ahead and having emergency supplies on hand. This handy guide provides you with the basic needs.



**In any disaster you should prepare to be on your own for the first 72 hours before help arrives.**

**To make an emergency supply kit, assemble the items listed below and place them in a water-proof container like a plastic garbage can.**

## Water

- Three day supply of water (1 gallon per person per day).



## Food

- Three day supply of food per person.

### Some food items

- Canned meat, fruit, or vegetables
- Sugar
- Salt
- Flour
- Peanut Butter
- Peanuts
- Raisins
- Granola Bars
- Coffee/Tea
- Powdered Milk
- Canned Soup
- Vitamins
- Hard Candy
- Infant food or formula



## First Aid Supplies

- N-95 masks (one for each person).
- Ibuprofen
- Acetaminophen



**A first aid kit should contain at least the following:**

- Sterile adhesive bandages (20)
- 5x9 sterile dressing (1)
- 3x3 sterile gauze (4-6)
- 4x4 sterile gauze (4-6)
- Hypoallergenic adhesive tape
- Triangular bandages (3)
- 2-inch sterile roller bandages (3)
- 3-inch sterile roller bandages (3)
- Scissors
- Tweezers
- Needle
- Antiseptic wipes
- Thermometer
- Laxative
- Cold pack
- Safety pins
- Sunscreen
- Aspirin
- Antacid
- Ipecac
- Antibacterial ointment
- Cleansing agent/soap
- Latex gloves (2 pair)
- Anti-diarrhea medication
- Activated Charcoal
- CPR breathing barrier



## Tools and Supplies

- Battery-operated radio with extra batteries
- Flashlight with extra batteries
- Non-electric can opener
- Utility knife
- Whistle
- Waterproof matches
- List of contact names and phone numbers
- Plastic utensils
- Paper cups and plates or mess kit
- Aluminum foil
- Paper towels
- Large plastic trash bags
- Duct tape
- Wrench (to turn off gas/water)
- Cash



## Sanitation Supplies

- Toilet paper
- Soap or liquid detergent
- Face Cloths or towels
- Feminine supplies
- Personal hygiene items (toothbrush, toothpaste)
- Infant supplies
- Household bleach

