

DISASTER SUPPLIES KIT*

When Seconds Count... Be ready for any natural or man-made disaster. Prepare and Emergency supply Kit.
Store it in a backpack, duffle or plastic container with lid such as a tote bin or rolling trash container

Food



Store **at least** a 3 day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking & little or no water.

If you must heat food, pack sterno & matches or consider a barbeque.

After a disaster eat food from fridge first, then freezer, pantry, then emergency kit.

Food for infants, elderly or those on special diets. If allergies are involved, plan accordingly.

Include Ready to Eat canned meats, fruits & vegetables (packed in water whenever possible)

High energy foods – peanut butter, jelly, crackers, granola bars, trail mix.

Boxed juices, milk, soup (if powdered, store extra water)

Comfort/stress food-cookies, hard candy, lollipops, instant coffee, tea bags.

Staples-sugar, salt, condiments

Non-Electric Can Opener. Utensils, plates, napkins. Storage bags, foil.

Water



One Gallon per person per day. (½for drinking ½for sanitation/cooking) Store water in sealed, unbreakable containers. Date & replace every 6 mos or use specially packed water with a 5 yr shelf life.

$$1 \text{ gallon} \times \# \text{ people} \square \times \# \text{ days} \square = \square$$

Water purification tablets

Water storage containers.

In case of an emergency, boil water for 1 minute. When boiling is not possible, filter water to let suspended particles settle out. Pour off the clear water and add Clorox Regular Bleach (CRB) as follows:

Add 12 drops (1/8 teaspoon) of CRB (not scented or Clorox® Plus® bleaches) to two gallons of water (2 drops to 1 quart).

For cloudy water, use 24 drops per two gallons of water (3 drops to 1 quart).4. Let treated water stand for 30 minutes

Water should have a slight bleach odor. If not, repeat and wait another 15 minutes. The treated water can then be made palatable by pouring it between clean containers several times.

Note: Bleach formulas may change over time. Confirm with manufacturer as needed:

<https://www.clorox.com/products/clorox-concentrated-regular-bleach/#Cleaning, Sanitizing & Disinfecting Product-Clorox® Regular-Bleach ID-19-Emergency Water Disinfection> (1-800-227-1860)

First aid/Medication



A first aid kit large enough to handle 1 week of use for the number of people in your family or group. You can build it yourself or purchase one already assembled.

Suggestions to include in your kit: Adhesive bandages (various sizes), gauze pads and rolls, triangular bandages, tape, scissors, antiseptic wipes. Keep bubble wrap – it's cheap & makes a great soft splint.

Keep **at least** a 3 day supply of prescription medication. Keep an updated list of medications & dosages in your wallet. If your medication has special temperature storage requirements, such as insulin, consider a FRIIO cooling wallet (www.friocase.com).

You can also include over the counter meds such as vitamins cold remedies, anti-diarrheal, allergy & pain/fever reducers, non-latex gloves, CPR face mask or shield. **Wear medical ID!**
Rotate out items that are near expiration!!!

Communication/Lighting



Keep a radio & several flashlights. There are also solar & crank powered on the market. Pack plenty of extra batteries for back up. Rotate batteries near expiration. If uncertain about the expiration date, rotate every 6 months or when you change your clock to daylight savings time

Keep cell phones charged

Put important # in cell under I.C.E. (in case of emergency)

Shelter/Warmth



A change of clothing, rain gear & sturdy shoes. Remember to update sizes as necessary.

Blankets or sleeping bags. A tent or canopy if you have one. Tarps or mats.

Instant Heat Packs.

Solar/Mylar Blankets

Tools



A pair of leather palm gloves, non-electric hammer/nails, screwdriver/screws, duct tape, dust mask, broom, shovel (flat and pointed), rope.

Look at your current home-make modifications now if you need ramps or lifts to make exiting possible in an emergency

Sanitation



Personal hygiene products such as toothbrush/paste, shampoo, feminine hygiene products. Soap and/or Waterless hand sanitizer (if no water available)

Portable toilet w/lid, toilet tissue, waste deodorizer & digester, trash bags.

Special Needs



Special items for elderly or disabled family members such as a cane, wheelchair, walker.

Special items for infants such as formula, bottles, diapers, immunization record.

Special items for pets such as food/water, medication, crate, vet info.

An extra set of car keys

An extra pair of glasses or contact lenses

A list of important family information; the style & serial number of medical devices such as pacemakers.

Credit cards & ATMs will not work in a power outage. Keep bills no larger than a 20 and plenty of 1s, 5s and 10s so you have as close to exact change as possible. Know what skills you can barter.

Keep your gas tank at least half full. In power outages gas pumps will not work. If evacuation is necessary, lines will be long and supplies short.

*These are just some of the steps you need to take to build a supply kit. Each person has different needs.

Contact ReadyCare (925) 937-5288 or (888) 909-PREP (7737)

www.ReadyCareCo.com or www.FRIOCASE.com

If you need help planning your kit or purchasing supplies - we're here to help! © ReadyCare 2001