

# Disaster Supply Kits

**Fun Fact: Astronauts brought survival kits to help them after they return to Earth in case they got off course.**

What to put your supplies in - Having supplies in different areas can mean not having time, or forgetting, things you may need if you need to evacuate. Consider these options when gathering your supplies in one place:

- Storage Tubs – Place items in one or two large tubs that can be sealed. Remember to keep them in climate-controlled areas to prevent items from degrading.
- Backpacks, Duffle Bags, or Suitcases – Build an individual kit for each person and place these items in a backpack that can be grabbed quickly on the way out the door or to your shelter location.

Consider these items when building your kit - Remember to right-size your kit. You may not need, or have room for, or be able to afford all these items right away, but each item will add to how well you can survive and recover after a disaster. Begin by building your kit for a 72-hour supply, then increase from there.

- Food (2000-2500 calories/person/day), Water/Water Purifier (1 gallon/person/day), & Kitchen supplies (can opener, utensils, etc.)
- First Aid Kit, Over-the-counter medicine (pain relief, anti-nausea, antacid, etc.)
- Personal Protective Equipment (PPE): Gloves, N95 Masks, Goggles, Rain Jacket/Poncho
- Tools: Multi-tool, Crowbar, Hatchet, Knife, Shovel, Multi-mode Flashlight, Waterproof Matches and/or Lighter, Emergency Radio (wind-up or solar-powered), Emergency signals (whistle, mirror, strobe), Batteries, Rope, & duct or gaffers tape.
- Personal Supplies: Toiletries (Toilet paper, Toothbrush & Toothpaste, Feminine Hygiene, Shampoo, Change of Clothes, Sweater/Coat, Bug Repellant & Sunscreen, Blanket/Sleeping bag, Tent.
- Extra Cash: Small Bills
- Important Documents: Copies of Insurance, Birth & Marriage Certificates, Wills, Deeds & Titles, Contact for Financial Institutions, Disposable Camera, Pen & paper.
- Personalized Needs: Glasses, Cane/Walker/Crutches, Pet Food and Care, Extra Prescription Medication (use that next and put new medicine in the kit), Infant & Child Needs, Games/Playing Cards



Maintain your supplies - Supplies expire or degrade. Plan to rotate out these items, such as food, water, batteries, and medication. Check you supplies at least once a year (birthday, anniversary, holiday, etc.), or during life events (car registration, tax season, etc.), and review the contents in case an item got borrowed and never returned, or a new item needs to be added to your kit. Don't forget to update important paperwork stored in you kit if it changes.



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Consider specialized kits you may need - One big home kit can cover a wide range of disasters that may affect you and your family, but what if you are not at home when disaster strikes? Smaller supply kits can be helpful in key locations to help you get home to your main supply kit.

- **Car Kit** – Get a small bag, tote, or milk crate that contains key items you may need while travelling in your car.
  - Jumper Cables
  - Blanket
  - Flashlight
  - Multitool
  - Duct tape
  - Fire extinguisher
  - Extra window washer fluid
  - First aid kit
  - Reflective vest
  - Warning signal device (reflective triangles, emergency flasher, flare, etc.)
  - Winter supplies if travel in the mountains in winter is possible (tire chains, gloves, jacket, ice scraper)
  - Food and water if long distance travel is planned, esp. in the desert.
- **Vacation Kit** – Pack a backpack with supplies you may need to get home if disaster strikes while on vacation. Make sure you do research on hazards that may impact the area you are travelling too, and if you are travelling by plane, plan to carry the back on if complete it with items you can't bring through security at the airport or once you arrive.
  - Food and Water
  - Extra Cash
  - Travel Documents
  - First Aid Kit
  - Extra Medication
  - Extra Toiletries
  - Personal Protective Equipment
  - Personal Needs
- **Workplace Kit** – Pack supplies you may need while at work, until you are able to get home. Consider working with your co-workers and manager to add documents and supplies to help your organization bounce back or even continue to operate after a disaster.
  - Food and Water
  - First Aid Kit
  - Toiletries
  - Personal Protective Equipment
  - Personal Needs
  - Work-Related Documents, Supplies, and Tools
- **CERT Backpack Ideas** (for those that have completed the CERT Basic Training Course)
  - Personal Protective Equipment (Replace gloves & goggles with pairs that fit)
  - CERT Field Operations Guide
  - Non-Sparking 4-in-1 Emergency Tool
  - Trash Bags
  - Small Fire Extinguisher
  - First Aid Kit
  - Long-sleeve cotton shirt
  - Cotton pants or jeans
  - Boots or sturdy shoes
  - Sunscreen & Bug Repellent
  - Food & Water
  - Flashlight and/or headlamp (& extra batteries)
  - Duct & Masking Tape
  - Colored Triage tape or markers
  - Pens, pencils, note pad, markers

Remember, these are ideas. You may not need or have room for everything list on these pages. Prioritize what is important, then if you have room, add the nice-to-have items.

