

DISASTER SUPPLIES KIT

PREPARED BY THOMPSONVILLE SEVENTH-DAY ADVENTIST CHURCH COMMUNITY SERVICES

BEFORE an emergency...

- Gather *evacuation items* (marked with ♦) into one or two *easily accessible* and easily transportable containers (a plastic trash can with a lid, large plastic bin, duffle bag, etc.); make sure everyone in the family knows where the evacuation items are
- Make sure you have supplies for your whole family

Once or twice a year...

- Update your supplies and evacuation kit
Remove/consume food items that will expire soon; change out clothing for newer items that fit; change out batteries; update phone numbers, account information, etc. If you have a calendar, planner, or electronic calendar, use it to remind yourself.

DURING an emergency...

- If danger is imminent, GO TO SAFETY NOW**
If you have time, do the following:
 - Report the danger to authorities or emergency crews
 - Check radio, weather radio, and/or TV for news
 - Communicate plans to family/neighbors
 - Gather additional items you might need
- If leaving home, do the following:*
 - Adjust thermostat
 - Turn off electronic devices, unplug cords
 - Turn off main power switch
 - Turn off main gas switch
 - Turn off main water switch
 - Lock doors and windows

Most of these items should simply be on hand at home. Items recommended for a portable evacuation kit are marked with ♦.

Loose items

- Cell phone, PDA, charger cables
- Keys
- Umbrella
- Wallet

Money

- \$300 in \$1 and \$5 (nothing larger) ♦

Clothing and Bedding

- At least one change of clothing per person ♦
- Blankets or sleeping bags ♦
- Hand warmer
- Hats, gloves, scarfs, ear muffs
- Ponchos or rain coats ♦
- Sturdy shoes or work boots ♦
- Sunglasses
- Sweatshirts
- Thermal underwear, regular underwear
- Tube tent

First aid kit ♦

It is recommended that you have a first aid kit in your home and in each car at all times. First aid kits may be purchased at stores, but you may need to buy additional items. This kit should include all of the following:

- Activated charcoal
- Antacid
- Anti-diarrhea medication
- Antiseptic
- Aspirin or non-aspirin pain reliever
- Assorted sizes of safety pins
- Bandana/handkerchief

- Cleansing agent/soap
- Hypoallergenic adhesive tape
- Latex gloves
- Laxative
- Medicine dropper
- Moistened towelettes
- Needle
- Scissors
- Soap
- Sterile adhesive bandages in assorted sizes
- Sunscreen
- Thermometer
- Tongue blades
- Tube of petroleum jelly or other lubricant
- Tweezers

Water

- 3 gallons/person (one gallon/person for evac kit) ♦
At least one gallon per person per day; plastic bottles preferred; do not use milk cartons
- Water purification pump or other system

Food

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.

- Canned food ♦
Vegetables, fruit; cans with easy-open lids preferred
- Dry foods ♦
Rice, beans, instant oatmeal, etc.
- High energy foods ♦
Peanut butter, jelly, crackers, granola bars, trail mix
- Powdered energy drink ♦
- Powdered soy milk or powdered milk ♦
- Salt, sugar ♦
- Food for babies, people with special diets ♦

- Comfort foods (cookies, hard candy, etc.)
- Moistened towelettes
- Napkins
- Nonelectric can opener ♦
- Toothbrush
- Mess kits ♦
Or paper cups, plates, and plastic utensils
- Wash cloth

Important documents

Keep these records in a waterproof, portable container.

- Financial information
Bank account numbers, credit card account numbers, contact information, etc.
- Important family records
Birth, marriage, death certificates; immunization records; inventory of valuable household goods (with photos if possible); etc.
- List of important numbers
Emergency services, family, friends, church
- Passports, social security cards
- USB thumb drive with important data on it
Addresses, links to important websites, insurance information, passwords, email account login information, etc.
- Waterproof plastic pouch to keep documents in
- Will, insurance policies, contracts, deeds, stocks and bonds

Sanitation

Try to find liquid items in “travel sizes” if possible.

- Disinfectant
- Feminine supplies ♦
- Hand sanitizer spray
- Household chlorine bleach
- Soap, liquid detergent ♦
- Personal hygiene items ♦
- Plastic bucket with tight lid
- Plastic garbage bags, ties (for personal sanitation uses)
- Toilet paper, towelettes ♦
- Towels, wash cloths

Tools and supplies

- Aluminum foil
- Compass
- Extra batteries ♦
Remember to pack a charger if they are rechargeable

- Fire extinguisher (ABC type)
- Flashlights ♦
A hand-crank LED flashlight is very useful
- Portable radio ♦
...or a combination radio/flashlight/charger
- Map of the area (for locating shelters)
- Matches in waterproof container or Ziploc bag
- Needles, thread
- Emergency whistle
- Light sticks
- Paper, pencil
- Plastic sheeting
- Small plastic storage containers
- Pliers
- Shut-off wrench, to turn off household gas and water
- Signal flare
- Emergency Preparedness Manual ♦
- Tape
- Utility knife ♦

Special items

- For Baby ♦
 - Formula
 - Diapers
 - Bottles
 - Powdered milk
 - Medications
- For Adults ♦
 - Heart and high blood pressure medication
 - Insulin
 - Prescription drugs
 - Denture needs
 - Contact lenses and supplies
 - Extra eye glasses

Car items

- Blankets (in cold weather)
- Empty gas container
- Flares
- Flashlight
- Ice scraper (in cold weather)
- Jumper cables or battery charger
- Snow shovel (in cold weather)
- Tools, tire-changing kit, tire pump

Phone numbers

- Emergency 911
- Poison Control 800-222-1222