

# Be Red Cross Ready

Get a Kit. Make a Plan. Be Informed.



# Disaster Supplies Kit

## Why make a kit?

A Disaster Supply Kit helps you to be prepared for an emergency and it can save your life. When preparing for a possible emergency, it is best to think first about the basics of survival: **fresh water, food, clean air, and warmth.** However, don't forget to pack valuable tools and first aid supplies to get you out of dangers way. Complete the following with members of your family.

## Food & Water (3-day supply of each is recommended)

Keep 1 gallon (or two 2-liter bottles) of water per person per day for drinking, washing, and preparing food.

My family will need \_\_\_\_\_ gallons of water.

Keep non-perishable foods such as ready-to-eat meats, fruits, and vegetables.

My family will need the following foods stocked:

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## Tools (radio, flashlights, can opener, utility knife, batteries, etc.)

My family will need the following tools stocked:

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## Medicine & First Aid Supplies

My family will need the following medical and first aid supplies:

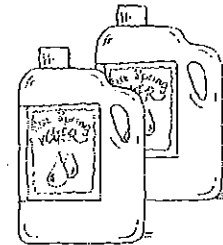
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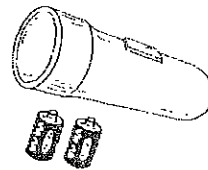
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## Let's Go Shopping! (activity on reverse side)

Use the "shopping list" on the reverse side to help you gather supplies for your Disaster Supply Kit. Be sure to include your Emergency Plan, Special Needs Plan, and Pet Plan.



You should check  
your  
Disaster Supply Kit  
every time you  
set your clocks  
for  
daylight savings time  
to ensure  
food & medical supplies  
have not expired  
and  
that clothing still fits.



# Let's Go Shopping!

use this shopping list to build your emergency supply kit.

# Be Red Cross Ready

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- Water** (1 gallon per person per day)
- Food** (at least a 3-day supply of non-perishables)
- Battery-Powered Radio**
- Flashlight**
- Extra Batteries** (for radio and flashlight)
- First Aid Kit** (should at least include:
  - Two pairs of sterile gloves
  - Sterile dressings (to stop bleeding)
  - Cleansing agent/soap or antibiotic towelettes
  - Antibiotic ointment
  - Burn ointment
  - Adhesive bandages in a variety of sizes
  - Eye wash solution
  - Thermometer
  - Scissors and tweezers
  - Aspirin or other pain reliever, antacid, and laxative
- Whistle** (to signal for help)
- Dust Mask** (or cotton shirt to filter air)
- Wrench or Pliers** (to turn off utilities)
- Can Opener** (to open canned food)
- Plastic Bags/Sheets** (sanitation & window seal)
- Duct Tape** (to seal windows)
- Fire Extinguisher**

- Clothing** (should at least have:
  - One *complete* change of warm clothes per person
  - Sturdy shoes/boots for each person
  - Blankets or sleeping bag for each person
  - Rain gear or hat & gloves (consider local climate)
- Mess kits** (paper cups, plates, & plastic utensils)
- Cash** (ATMs might not work)
- Compass & Utility Knife**
- Matches/Lighter** (store in waterproof container)
- Paper/Pencil**
- Medicine Dropper**
- Household Chlorine Bleach**

You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to purify water. Use 16 drops of regular household liquid bleach per gallon of water. **DO NOT use scented, color safe, or bleaches with added cleaners.**
- Other/Special Need Items** (medications, etc.)

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