



Lab AA-5 Building a Kit of Emergency Supplies for Your Household

A kit with the supplies listed below can help you and those in your household prepare for both natural and man-made emergencies. Check off items as you add them to your kit. Keep your kit in a designated place so that you can retrieve it quickly in case you need to be evacuated. Put together a smaller kit to keep in your car and at your place of work.

Basic Emergency Supplies

- ___ Map of the area for help in evacuating or locating shelters
- ___ Cash (including change) and credit cards
- ___ Copies of important documents (stored in a watertight container)
- ___ Emergency contact list and phone numbers
- ___ Extra sets of house and car keys
- ___ Flashlight
- ___ Battery- or solar-powered radio
- ___ Battery-powered alarm clock
- ___ Extra batteries
- ___ Cellular phone and/or prepaid phone card
- ___ Signal flares
- ___ Fire extinguisher (small canister A-B-C type)
- ___ Whistle
- ___ Tube tent
- ___ Sleeping bags or warm blankets (one per person)
- ___ Complete change of warm clothing and footwear (jacket or coat, long pants, long-sleeved shirt, sturdy shoes, hat, gloves, raingear, extra socks and underwear, sunglasses)
- ___ Work gloves
- ___ Pliers
- ___ Shut-off wrench for gas and water supplies
- ___ Shovel, hammer, and other tools
- ___ Compass
- ___ Matches in a waterproof container
- ___ Aluminum foil
- ___ Plastic storage containers
- ___ Duct tape and scissors
- ___ Paper, pens, pencils
- ___ Needles and thread
- ___ Medicine dropper

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First Aid Kit

- _____ First aid manual
- _____ Thermometer
- _____ Scissors
- _____ Tweezers
- _____ Safety pins
- _____ Needle
- _____ Latex or other sterile gloves
- _____ Sterile gauze pads
- _____ Cleansing agent (soap, isopropyl alcohol, or antibiotic towelettes)
- _____ Sunscreen
- _____ Antibiotic ointment
- _____ Burn ointment
- _____ Petroleum jelly or another lubricant
- _____ Sterile adhesive bandages in several sizes
- _____ Sterile roller bandages
- _____ Triangular bandages
- _____ Cotton balls
- _____ Eyewash solution
- _____ Aspirin or nonaspirin pain reliever
- _____ Antidiarrhea medication
- _____ Laxative
- _____ Antacid
- _____ Activated charcoal (use if advised by Poison Control Center)
- _____ Potassium iodide (use following radiation exposure if advised by local health authorities)
- _____ Prescription medications and prescribed medical supplies
- _____ List of medications, dosages, and any allergies (for each household member)

Special Needs Items

- _____ Infant care needs (formula, bottles, diapers, powdered milk, diaper rash ointment)
- _____ Extra eye glasses
- _____ Contact lenses and supplies
- _____ Denture needs
- _____ Hearing aid or wheelchair batteries; other special equipment
- _____ Pet care supplies
- _____ Other (list): _____

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_____ Other (list): _____

Food and Related Supplies

- _____ Manual (non-electric) can opener
- _____ Utility knife
- _____ Eating utensils: Mess kits, or paper cups and plates and plastic utensils
- _____ Sugar, salt, pepper
- _____ Paper towels
- _____ Plastic garbage bags and resealing bags
- _____ Small cooking stove and cooking fuel (if food must be cooked)
- _____ Water: Three-day supply, at least one gallon of water per person per day, stored in clean plastic containers such as soft drink bottles:

Number of people: _____ × 1 gallon/day × 3 days = _____ Total minimum gallons of water

Store additional water if you live in a hot climate or if your household includes infants, pregnant women, or people with special health needs. Containers can be sterilized by rinsing them with a diluted bleach solution (one part beach to ten parts water). Replace your water supply every six months.

- _____ Food: At least a three-day supply of nonperishable foods—those requiring no refrigeration, preparation, or cooking and little or no water. Choose foods from the following checklist and expand the list with foods that members of your household will eat. Replace items in your food supply every six months

	Ready-to-eat canned meats, fruits, and vegetables		Comfort/stress foods
	Protein or fruit bars		Vitamins
	Dry cereal or granola		Infant foods
	Peanut butter		Pet foods
	Dried fruit		Other:
	Nuts		Other:
	Crackers		Other:
	Canned or boxed juices		Other:
	Nonperishable pasteurized milk or powdered milk		Other:
	High-energy foods		Other:

Sanitation

- _____ Plastic garbage bags (and ties)
- _____ Toilet paper
- _____ Moist towelettes
- _____ Washcloth and towel
- _____ Personal hygiene items (toothbrush, shampoo, deodorant, comb, shaving cream, and so on)

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- _____ Plastic bucket with tight lid
- _____ Disinfectant
- _____ Household chlorine bleach
- _____ If possible, a small shovel for digging a latrine

For a Clean Air Supply

- _____ Face masks OR several layers of dense-weave cotton material (handkerchiefs, t-shirts, towels) that fit snugly over your nose and mouth. Each household member should have his or her own nose and mouth protection that fits tightly to help filter out contaminants.
- _____ Shelter-in-place supplies, to be used in an interior room in your home to create a barrier between you and potentially contaminated air outside.
 - _____ Heavyweight plastic garbage bags or plastic sheeting
 - _____ Duct tape
 - _____ Scissors
 - _____ If possible, a portable air purifier with a HEPA filter

Family Emergency Plan

- _____ Plan places where your family will meet; choose one location near your home and one outside your neighborhood.
 - Local: _____
 - Outside neighborhood: _____
- _____ Make sure children know where to go or who to contact in case of an emergency.
- _____ Post emergency numbers and instructions.
- _____ Have one local and one out-of-state contact person for family members to call if separated during a disaster. (It may be easier to make long-distance calls than local calls.)
 - Local: _____
 - Out-of-state: _____
- _____ Know how to shut off water, gas, and electricity; keep the necessary tools near the shut-off valves.
- _____ Talk with your neighbors: Who has specialized equipment (for example, a power generator) or expertise that might help in a crisis? Do elderly or disabled neighbors have someone to help them?
- _____ Take a first aid class.