

EMERGENCY KIT

Basic supplies:

- Flashlight and extra batteries
- Battery-powered radio and extra batteries
- Three-day supply of food
- Three-day supply of water
- Potassium iodide
- Syrup of Ipecac (to induce vomiting if advised by poison control center)
- Activated charcoal (use if advised by the poison control center)
- Shut-off wrench to turn off household gas and water
- Non-electric can opener, utility knife

For safe room, add:

- Face masks specifically fit for each member of the family.
- Plastic sheeting
- Duct tape
- Scissors
- Toilet paper, towelettes
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

Water: Things to consider

- One gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers and sick people may need more water.
- Store water tightly in clean plastic containers such as soft-drink bottles.

Food: Things to consider

- Select foods that require no refrigeration, preparation or cooking and little or no water.
- Choose foods your family will eat.

For the car, add:

- Map of the area for evacuation or for locating shelters
- A whistle to signal for help
- Complete change of warm clothing for each person
- Sleeping bags
- Mess kits, or paper cups, plates and plastic utensils
- Cash or traveler's checks
- Paper towels
- Fire extinguisher
- Tent
- Pliers
- Compass
- Matches in a waterproof container
- Aluminum foil
- Reclosable plastic bags (assorted sizes)
- Paper, pencil
- Medicine dropper
- Copies of important records such as insurance policies, identification and bank account records in a waterproof, portable container
- Two pairs of latex/sterile gloves
- Sterile dressings to stop bleeding
- Cleansing agent and antibiotic towelettes to disinfect
- Antibiotic ointment
- Burn ointment to prevent infection
- Adhesive bandages (several sizes)
- Eyewash solution
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. Periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- Scissors
- Tweezers
- Petroleum jelly or other lubricant
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Antacid
- Laxative