

Recommended Items for Disaster Kits

The following is a list compiled after researching numerous web sites that offered, for sale, emergency disaster kits. Some kits placed the items within a weatherproof five gallon bucket. This same bucket was to be used as a portable toilet. Within these kits, instead of providing water, they contained water purification tablets among other items that are not on the list below. Another option is that the items recommended below be placed within a large waterproof zip-lock bag (available at most department stores) and then placed within a plastic storage container, one preferably with wheels on one end to cart around.

One of the most user-friendly websites for kits is the Homeland Security website at <http://www.ready.gov>. Within this website you will see "Ready Kits." Go there and browse through the list they recommend.

You can also go to the American Red Cross website, at <http://www.RedCross.org>, for further info. Remember, you must provide for your personal needs for at least 72 hours.

- Water – one gallon per day per person (rotate water to guarantee freshness)
- Food – three-day supply of various canned foods, energy bars with high carbohydrates, etc.
- Medications
- Waterproof matches
- Radio – preferably a hand-crank type. If not, make sure you have extra batteries (tune into KUIC 95.3)
- Flashlight with extra batteries
- First-aid kit
- Whistle – to signal for help
- Moist towelettes, toilet paper, garbage bags and plastic ties for personal sanitation
- Dust mask to filter air
- Plastic sheeting and duct tape to shelter-in-place and provide a barrier from deadly agents
- Wrench or pliers to turn off utilities
- Can opener for food
- Jacket or coat
- Long pants
- Long sleeve shirt or sweat shirt
- Sturdy shoes
- Hat and gloves
- Sleeping bag or warm blanket for each person
- Cash- at least \$100.00
- Rain gear
- Paper cups, plates and utensils
- Bleach
- Copies of important family documents – insurance policies, I.D., bank documents, etc., in a waterproof container
- Tent
- Vacuum tight bags (these are a luxury but would provide for more space)