

## Preparing for Disasters and Emergencies: *Your Disaster Supplies*



During an emergency or disaster, you may be confined to your home or forced to evacuate for a period of time. Preparing a disaster supply kit in advance will help you in either situation. Your kit should be stored in a convenient place in air-tight, easy-to-move containers. Be sure everyone in your home knows how to find your supplies. Go through your kit at least once each year to replace and update the contents as needed.

### Water

- Store 1 gallon for each person in your household for each day.
- Keep at least a three-day supply.
- Rotate your water every six months.



### Food

- Store at least a three-day supply of non-perishable food, and rotate every six months.
- Choose items that require no refrigeration, preparation, or cooking.
- Pack a can of sterno for any foods that must be heated.
- Select foods that your family will eat.
- Choose food items that are compact and lightweight.
- Consider including the following:
  - Ready-to-eat canned meats, fruits, and vegetables.
  - Canned juice, milk, and soup.
  - Dried foods and instant meals.
  - Prepackaged beverages.
  - High-energy foods.
  - Comfort foods.



### First Aid Supplies

- Assemble a basic first aid kit for your home car.
- Include items such as:
  - Adhesive bandages in various sizes.
  - 2-inch and 4-inch gauze pads.
  - Hypoallergenic adhesive tape.
  - Scissors, tweezers, and a needle.
  - Antiseptic.
  - Thermometer.
  - Nonprescription medicines.



### Tools and Supplies:

- Paper cups, plates and utensils.
- Battery operated radio and extra batteries.
- Flashlights and extra batteries.
- Cash or traveler's checks and change.
- Manual can opener and utility knife.
- Pliers and tape.
- Matches in a waterproof container.
- Toilet paper and towelettes.
- Soap, hand sanitizer, and disinfectant.
- Personal hygiene items.
- Plastic garbage bags with ties.



### Special Items

- Baby food, formula, bottles, and diapers.
- Prescription medications.
- Extra eye glasses, contact lenses, and contact supplies.
- Pet food, medicine and care items.

### Clothing and Bedding

- A change of clothes for each person.
  - Rain gear, hats, and gloves.
  - Blankets or sleeping bags.
  - Sturdy shoes or work boots.



Reference: *Talking About Disaster: Guide for Standard Messages*. Produced by the National Disaster Education Coalition, Washington, D.C., 2004.

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For more information, contact your county Extension office or visit the Kentucky Extension Disaster Education Network Web site, Kentucky Cooperative Extension Service, College of Agriculture, University of Kentucky, at [www.wagwx.ca.uky.edu/EDEN](http://www.wagwx.ca.uky.edu/EDEN).

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