

EDEN

national preparedness month

Preparing Your Disaster Supplies Kit

A disaster supplies kit is a collection of basic items that members of a household may need in the event of a disaster.

Basic Disaster Supplies Kit

The following items are recommended for inclusion in your basic disaster supplies kit:

- Three-day supply of non-perishable food
- Three-day supply of water - one gallon of water per person, per day
- Portable, battery-powered radio or television and extra batteries
- Flashlight and extra batteries
- First aid kit and manual
- Sanitation and hygiene items (moist towelettes and toilet paper)
- Matches and waterproof container
- Whistle
- Extra clothing (think "warm" in case you live in a cold climate)
- Kitchen accessories and cooking utensils, including a can opener
- Photocopies of credit and identification cards
- Cash and coins
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries
- Items for infants, such as formula, diapers, bottles, and pacifiers
- Other items to meet your unique family needs



Kit Locations

Home (Basic Disaster Supplies Kit)

Your disaster supplies kit should contain essential food, water, and supplies for at least three days.

Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept.

Work

This kit should be in one container, and ready to "grab and go" in case you are evacuated from your workplace.

Make sure you have food and water in the kit, as well as comfortable walking shoes in case an evacuation requires walking long distances.

Storing Food

- Place packaged food in metal, glass or rigid plastic containers to avoid insect and rodent damage.
- Rotate and use food and water every six to 12 months.

The EDEN National Preparedness Month materials were developed with funding from the Cooperative State Research, Education and Extension Service, U.S. Department of Agriculture under CSREES/USDA Agreement No. 2004-37620-14644. Any opinions or recommendations expressed in this publication are those of the authors and do not necessarily reflect the view of the U.S. Department of Agriculture.

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