

Basic Disaster Supplies

Disaster can strike without warning, forcing us to evacuate our homes or to go for days or even weeks without basic necessities. You can buy pre-made disaster kits from many sources or you can assemble one yourself. Either way, your kits need to contain items your family, guests and pets will need to survive for the extended time it will take for help to arrive. Items need to be rotated in / out before they expire.

- Divide your emergency supplies between a Household Disaster Kit to share with your family at home, a personal Grab and Go Bag accessible in the event you must evacuate your home and a Car Emergency Kit to have available if you are in your car. Don't forget supplies for your pet.
- Store your Household Disaster Kit in a place that will be easily accessible if your home is damaged.
- Store your Grab and Go Bag in a location that is easily accessible in the event you must evacuate your home.
- And, of course, the Car Emergency Kit should be kept in your car.

The suggested lists below are compilations from web sites and from several disaster preparedness booklets that are be available at the **Annual Meeting, today.**

You should assemble your disaster supplies based on your family and your guests needs.

If you think you probably don't need these supplies because you visit your coastal home infrequently, is that really a gamble you're willing to take??!!!!!!!!!!!!

Car Emergency Kit

- Evacuation maps for areas you frequently drive (you may be on the road when 'the big one' occurs).
- Water – enough for 2 days (or drinking water purification tablets from REI or other sports stores) for all family members and pets that usually travel in your car.
- Food - Snack bars and/or dehydrated meals for your family and food for pets that travel with you.
- Medications – prescription and over the counter that your family or pets routinely take (rotate each time you get refills)
- First-aid kit
- Whistle (to alert rescuers to your location)
- Personal hygiene supplies including toilet paper, hand sanitizers and garbage bags

- Rubber gloves
- Metal match or lighter
- Space blankets or other blankets
- Flashlights with extra batteries
- Pocket knife

Store flares and jumper cables in your car.

Grab and Go Bag

The Grab & Go Bag may be essential to your safety when an earthquake or other disaster occurs. If you must leave your house, you will need these items to get you through the hours or days before you are able to reach a safe haven. Keep these items in a rugged but easy to carry container, such as a backpack. Grab your pack and get to a place of safety.

- Evacuation maps
- Water – enough for 2 days or drinking water purification tablets (at REI or other sports stores)
- Food - Snack bars and/or dehydrated meals
- Medications – prescription and over the counter that you and your family routinely take (rotate each time you get refills)
- First-aid kit
- Portable radio and extra batteries
- Whistle (to alert rescuers to your location)
- Sturdy shoes
- Personal hygiene supplies (including toilet paper), hand sanitizers, garbage bags
- Dust mask
- Rubber gloves
- Metal match or lighter
- Space blankets or other blankets

- Duct tape and a plastic sheet, large plastic garbage bags or tarp for sheltering in place.
- Flashlights with extra batteries
- Pencil, and paper in a zip-lock bag.
- Pocket knife
- Cash
- Medical consent forms for minors
- Items for infants, such as formula, diapers, bottles, and pacifiers, if appropriate.

Items to Consider for your Disaster Supply in your Home

Many of these items appear to be duplicated in your Grab & Go Kit but hopefully you will be able to return to your home and will need additional supplies to sustain your family and neighbors until communication/help arrives.

Household Disaster Kit

- Water – .You should expect to use at least one gallon of water per person per day. Children, nursing mothers, and ill people need more water A medical emergency might require additional water. Your water heater is an excellent supply of pure water **but you must shut off the water at the meter as soon as possible** to prevent contaminated water from ruptured main water lines from entering you home. Clorox can be used to purify water- 1tsp /gallon of water.
- Food—non-perishable and easy-to-prepare - at least a 3-week supply. Use your refrigerated or frozen food first.
- Protective clothing and sturdy shoes
- Work gloves, goggles, dust mask, hard hat or heavy duty cap
- Flashlights / lanterns
- Battery-powered or a hand-crank radio (NOAA Weather Radio, if possible)
- Extra batteries
- Medications both prescription and over the counter that your family routinely takes (3 week supply)
- Fire Extinguisher (ABC Type), two for each level in your home. Be sure everyone knows how to use your fire extinguishers.
- Disposable gloves

- First Aid Supplies (see below)
- Sanitation and personal hygiene items - moist towelettes, toilet paper, garbage bags, towels, washcloths
- Paper plates, cups, plastic utensils
- Manual can opener (we probably won't have electricity)
- Matches and waterproof container, a metal match or a lighter.
- Tools -- adjustable wrench (to shut off water and/or propane, if there is damage to the lines) crowbar, hammer, staple gun
- Blankets and pillows
- Fuel for generator if you have one
- Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)
- Cash in small bills (you may not have access to an ATM for weeks)
- A family communications plan. Your family may not be together when an evacuation is necessary, so plan how you will contact one another.
Have contact information documented for each family member and make sure you designate an out of town family member or friend each member can call to receive updates.

Pet Preparedness Supplies

If you have pets you will need supplies for them also. Keep a collar with current license and ID tags that contain your name, address and phone number on your pet. Microchipping your pet is an important tool for your pets safe return.

- A secure pet carrier and/or sturdy leash.
- Litter box and supplies for your cat
- Food and water for several weeks.
- Favorite toy, etc.
- Medicines, if required
- First aid kit.
- Blankets
- Plastic bags

First Aid Supplies

Disposable gloves
Sterile gauze pads
Rolled gauze bandages
Steri-Strips
Butterfly bandages
Assorted Band-Aids
Non-stick dressings (Telfa)
Antibiotic ointments
Ace wraps
Triangle bandage
Adhesive tape
Cold pack (in the freezer)
Eye wash
Splint material (could use folded cardboard, magazines, pillows)
Tweezers
Scissors

Websites for additional information or to purchase food kits

<http://www.ready.gov/basic-disaster-supplies-kit>

<http://beprepared.com>

<http://72hours.org/>

www.espfocus.org

[costco.com](http://www.costco.com)