DISASTER SUPPLIES CHECKLIST

Here’s a shopping list of items we suggest you buy to prepare for a disaster. Quantity of each will vary depending on how many people live in your household.

You should have enough food and water to last you 3 to 7 days.

**WATER**
- One gallon of water (3.78L) per person per day.

**FOOD**
- Dried fruit (medium sized bag)
- Non-fat dried milk
- Ready-to-eat canned meats, fruits and vegetables
- Canned fruit juice, milk
- Nuts (medium sized bag)
- High energy foods- peanut butter, jelly, crackers, trail mix
- Pet foods

**SANITATION SUPPLIES**
- Large plastic trash bags for waste
- Toilet paper
- Soap, liquid detergent
- Incontinence products
**FIRST AID KIT**
- Sterile adhesive bandages in assorted sizes
- 2-inch sterile gauze pads (4-6)
- 4-inch sterile gauze pads (4-6)
- Scissors
- Tweezers
- Antiseptic
- Latex gloves
- Non-prescriptive drugs such as aspirin, anti-diarrhea medicine, Antacid, laxative

**TOOLS AND SUPPLIES**
- Manual can opener
- Flashlight and extra batteries
- Battery operated radio and extra batteries
- Matches in a waterproof container
- Whistle
- Extra pair of eyeglasses, hearing aids and hearing aid batteries

**SPECIAL ITEM**
- Prescription medication. Enough for a 7-day supply
- List of medications with dosages