

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

"BE READY"

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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

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- 2-inch sterile gauze pads (4-6)
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