

## Clothing and Bedding

- One complete change of clothes per person
- Sturdy shoes
- Blanket or sleeping bag



## Special Items

- Medications (Ask your physician or pharmacist about storing prescription medications)
- Eye glasses
- Denture supplies
- Contact lenses and supplies
- Important family documents (Keep in a waterproof container or zip lock bag)



## Additional Items

(these items are not necessary to have in your kit but will improve it)

- Fire extinguisher
- Pliers
- Hammer
- Screwdrivers
- Knife
- Ax
- Shovel
- Broom
- Compass
- Needle and thread
- Tube tent



## Maintain your kit

Change/Rotate stored water and food every six months

Update your emergency supply kit once a year

## Things to do to Prepare for an Emergency

Take a CPR and First Aid Class

Make a list of important phone numbers and contacts for each family member to keep in a safe place

Make plans for emergency child care

Plan a meeting place



of prevention .?.

Mansfield/Ontario/Richland County  
**Health Department**

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Original publication courtesy of Kittitas (WA) County Public Health Department

# Make Your Own Emergency Supply Kit



Mansfield/Ontario/Richland County Health Department

In any disaster you should prepare to be on your own for the first 72 hours before help arrives.

To make an emergency supplies kit, assemble the items listed below and place them in a water-proof container like a plastic garbage can.

### Water

- Three day supply of water (1 gallon per person per day)



### Food

- Three day supply of food per person.

### *Some food ideas:*

Canned Meat, fruit, or vegetables  
Sugar  
Salt  
Flour  
Peanut Butter  
Granola Bars  
Coffee/Tea  
Powdered Milk  
Canned Soup  
Vitamins  
Hard Candy  
Infant food or formula



### First Aid Supplies

- N-95 masks (one for each person)
- ibuprofen
- Acetaminophen



- **A first aid kit that contains the following:**

Sterile adhesive bandages (20)  
5X9 sterile dressing (1)  
3X3 sterile gauze (4-6)  
4 X4 sterile gauze (4-6)  
Hypoallergenic adhesive tape  
Triangular bandages (3)  
2-inch sterile roller bandages (3)  
3-inch sterile roller bandages (3)  
Scissors  
Tweezers  
Needle  
Antiseptic Wipes  
Thermometer  
Antibacterial ointment  
Cold pack  
Safety pins  
Cleansing agent/soap  
Latex gloves (2 pair)  
Sunscreen  
Aspirin  
Anti-diarrhea medication  
Antacid  
Ipecac  
Activated Charcoal  
Laxative  
CPR breathing barrier



### Tools and Supplies

- Battery-operated radio with extra batteries
- Flashlight with extra batteries
- Non-electric can opener or utility knife
- Whistle
- Waterproof matches
- List of contact names and phone numbers
- Plastic utensils
- Paper plates and cups or mess kit
- Aluminum foil
- Large plastic trash bags
- Duct tape
- Wrench (to turn off gas, water)
- Cash



### Sanitation Supplies

- Toilet paper
- Soap or liquid detergent
- Feminine supplies
- Personal hygiene items (toothbrush, toothpaste)
- Infant supplies
- Household bleach

