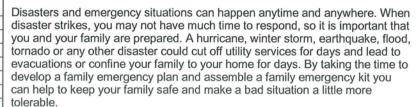


Home Who We Are Prepare for a Disaster Hurricanes **Tornadoes** Flooding Earthquakes Fires Hazardous Materials Dam Failure Severe Winter Weather Transportation Civil Disorder Terrorism **Droughts Nuclear Power Plants** Help after the Disaster Hazard Mitigation News and Archives Training **Plans** Library Links

Building a Family Emergency Supply Kit



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To prepare a family emergency kit

Create a checklist from the items listed below as well as items that you feel would be necessary for your own personal comfort and safety. Gather the supplies that are listed and store them in one or two watertight easy to store containers. Place the supplies you'd most likely need for an evacuation in an easy-to-carry container. These supplies are listed with an asterisk (*).

Water*

Store water in plastic containers such as soft drink bottles or plastic milk jugs. Avoid using containers that will break, such glass bottles. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

Store one gallon of water per person per day (two quarts for drinking, two quarts for food preparation/sanitation)*
Keep at least a three-day supply of water for each person in your household.

Food*

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, little preparation or cooking and little or no water. Select food items that are compact and lightweight.

Ready-to-eat canned meats, fruits and vegetables
Canned juices, milk, soup (if powdered, store extra water)
Staples--sugar, salt, pepper
High energy foods--peanut butter, jelly, crackers, granola bars, trail mix
Vitamins
Foods for infants, elderly persons or persons on special diets
Comfort/stress foods--cookies, hard candy, sweetened cereals,

First Aid Kit*

Assemble a first aid kit for your home and one for each car.

lollipops, instant coffee, tea bags

Sterile adhesive bandages in assorted sizes 2-inch sterile gauze pads (4-6) 4-inch sterile gauze pads (4-6) Hypoallergenic adhesive tape Triangular bandages (3) 2-inch sterile roller bandages (3 rolls) 3-inch sterile roller bandages (3 rolls) Scissors Tweezers



Needle

Moistened towelettes

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Antiseptic

Thermometer

Tongue blades (2)

Tube of petroleum jelly or other lubricant

Assorted sizes of safety pins

Cleansing agent/soap

Latex gloves (2 pair)

Sunscreen

Non-prescription drugs

Aspirin or non-aspirin pain reliever

Anti-diarrhea medication

Antacid (for stomach upset)

Syrup of Ipecac (use to induce vomiting if advised by the Poison Control

Center)

Laxative

Activated charcoal (use if advised by the Poison Control Center)

Contact your local American Red Cross chapter to obtain a basic first

aid manual.

Tools and Supplies

Gather supplies that will assist in making you and your family feel safe, secure and as comfortable as possible during times of emergency.

Mess kits, or paper cups, plates and plastic utensils*

Emergency preparedness manual*

Battery-operated radio and extra batteries*

Flashlight and extra batteries*

Cash or traveler's checks, change*

Non-electric can opener, utility knife*

Fire extinguisher: small canister, ABC type

Tube tent

Pliers, hammer, screwdriver, camping saw, camping shovel and other

basic hand-tools.

Duct tape

Plastic sheeting or plastic tarps

Compass

Matches in a waterproof container

Butane lighter

Aluminum foil

Plastic storage containers

Locking plastic bags

Signal flare

Paper, pencil

Needles, thread

Medicine dropper

Shut-off wrench, to turn off household gas and water

Whistle

Insect repellant

Map of the area (for locating shelters)

Sanitation

Toilet paper, sanitary wipes*

Soap, liquid detergent*

Feminine supplies*

Personal hygiene items*

Plastic garbage bags, ties (for personal sanitation uses)*

Plastic bucket with tight lid

Disinfectant

Household hlorine bleach

Clothing and Bedding

*Include at least one complete change of clothing and footwear per person.

Sturdy shoes or work boots* Hat and gloves Rain gear* Thermal underwear Blankets or sleeping bags* Sunglasses

Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

For Baby*

Formula Diapers **Bottles**

Powdered milk

Medications

For Adults*

Heart and high blood pressure medication Insulin

Prescription drugs Denture needs

Contact lenses and supplies

Extra eye glasses

Entertainment--games and books.

Important Family Documents

Keep these records in a waterproof, portable container.

Will, insurance policies, contracts, deeds, stocks and bonds Passports, social security cards, immunization records

Bank account numbers

Credit card account numbers and companies

Inventory of valuable household goods, important telephone

numbers

Family records (birth, marriage, death certificates)

SUGGESTIONS AND REMINDERS

Store your kit in a convenient place known to all family members. Keep a smaller version of the Family Emergency Kit in the trunk of your car. Keep items in air-tight plastic bags.

Change your stored water supply every six months so it stays fresh.

Rotate your stored food every six months.

Re-evaluate your kit and family needs at least once a year. Replace

batteries, update clothes, etc.

Ask your physician or pharmacist about storing prescription medications.