



Helpful Hints for Putting Together a Family Disaster Plan

Step 2: Disaster Kit and "Go Kit"

Disasters can hit at a moments notice, or with enough notice to evacuate or shelter in place. First responders may not always be available to help you immediately so it is important that you and your family take preparedness steps to put together a Disaster Kit and keep a smaller version of this kit in your car and/or office (Go Kit) that will carry you through the first 72 hours following a disaster.

The best way to keep your disaster kit is in a plastic tub, duffle bag or something similar that would be easy to take with you during an evacuation. There are six basic supplies you should stock in your home: Water, food, first aid supplies, clothing and bedding, tools and emergency supplies and special items such as pet food, medications and records. A list of suggested items follows:

A Disaster Supplies Kit Should Include:

- A 3-day supply of water (one gallon per person, per day)
- Non perishable Food and can opener, plastic utensils, plates
- One change of clothing and shoes per person plus rain gear
- Prescription medicines (ask your doctor how to store these)
- One blanket or sleeping bag per person
- First-aid kit (include non prescription medicine)
- Battery-powered or crank radio
- Emergency tools(flares, crescent wrench, whistle, duct tape, plastic sheeting)
- Flashlight, extra batteries, matches in waterproof container, candles
- Extra set of car & house keys and a credit card or cash
- Special items for infant, elderly or disabled family members
- Extra pet food and water, leash(es)
- Important documents (copied last week)
- Sanitation products (toilet paper, feminine needs, trash bags)
- Fire extinguisher (ABC type) and shut off wrench for gas and water
- Coloring books and other entertainment items for kids and family

Remember to keep a condensed version in your vehicle in case you are stuck in an ice storm. Always carry your emergency contact numbers and include all family members in preparing. The time to prepare is now, not after the disaster strikes. Stay safe!