

Emergency & First Aid Supply Kit Items Checklist

<u>Water</u>		
	Bottled Water	Water Supply <ul style="list-style-type: none"> • 1 gallon per person per day • last for a minimum of three days • will be used for drinking and sanitary purposes • may need to be adjusted due to your location • may need to be adjusted due to your physical condition
<u>Food</u>		
	Canned foods <u>Examples</u> Canned meat, fruit, and vegetables Dried fruit Nuts Baby food Canned Juice or Juice boxes Peanut Butter Dry cereal High energy foods Food Bars	Canned food should: <ul style="list-style-type: none"> • Be ready to eat • Be Non-perishable • Require no refrigeration • Last for a minimum of three days • Be quick and easy to prepare • Require little or no water for consumption • Be likeable among the family • Be high in protein <p>HINT: With many canned foods, the use of a manual can opener is required. This item is not essential, but could be useful.</p>
<u>First Aid Kit Supplies</u>		
	Face Masks	Face Masks are useful for nose and mouth barriers between yourself in a air born contaminating emergency, such as a dust storm, or a gas leak.
	Latex Gloves	If you are allergic to latex, be sure to put some type of sterile gloves that you will be able to use as a barrier between your hands and another substance. HINT: Minimum of 3 pairs are recommended.
	Bandages/Dressings Band-Aids	Bandages or Dressings should be sterile. These supplies will help stop bleeding with larger open wounds. Band-Aids are good for small cuts and scraps or open sores.
	Ointments/Lubricants <ul style="list-style-type: none"> • Anti-biotic • Burn • Petroleum Jelly 	Anti-biotic and burn ointments will help prevent infections with wounds such as cuts, scraps, blisters and open sores. Petroleum Jelly is a great lubricant.
	Cleansing Agent	These items will help to disinfect many different types of things. Having an anti-bacterial agent of

	Sanitizing Agent Sanitizing Wipes	some sort will also help to prevent the spread of disease and contagious viruses. Sanitizing wipes are easiest to pack and are great for children of all ages.
	Thermometer	A thermometer is useful for taking the temperature of an ill individual.
	Eye Wash Solution	Used to flush out eyes or as a general decontaminant
	Medications	Medications include prescription and over the counter. For individuals that require prescribed medications, to have extra up-to-date medications available and stored with your emergency supplies. <ul style="list-style-type: none"> • Prescribed • OTC - Over the counter Suggested OTC medications: aspirin or any type of pain reliever, anti-diarrhea medication, antacid, or laxative.
Additional Useful Kit Items		
	Matches	Matches will aid in starting a fire for warmth. HINT: Store matches in a water proof container.
	Scissors	Use would be for cutting materials.
	Cell Phone	Cell phones is not an essential need, but would come in handy in an emergency. Keep in mind, depending on the emergency circumstance, cell phones may not work in your location. For example, if there was a storm with many downed power lines and phone lines, a cell phone may not work. HINT: When calling 911 with a cell phone, you may not reach your nearest 911 call center. <i>You must be very specific as to your location when calling 911 with a cell phone.</i>
	Tweezers	Tweezers would be useful for removing fine objects from a persons skin, for example, a splinter, or a piece of glass.
	Flashlight	Flashlights are very useful for light sources at night or if you in a location that is dark. HINT: If at all possible, limit the use of the flashlight to save on the life of your batteries.
	Extra Batteries	For any items you may have that require batteries. HINT: It is recommended to carry at least two additional sets of batteries for any items that require the use of batteries.
	Whistle	A whistle can be useful to help identify your location.
	Toolbox	A toolbox should contain your basic tools, such as a hammer and nails, pliers, wrench, screwdriver, duct tape, and other tools you feel may be useful.
	Battery Operated Radio	Having a radio may help you keep in touch with the outside factors that may have caused the emergency evacuation of your home.
	Blankets	Blankets will help for warmth.
	Bags	Extra bags for garbage and other types of wastes will help keep everything in your area from being contaminated.
	Clothing	A complete change of clothing and under garments.