

# Survival Kits

**Everyone needs to be personally prepared to survive at least 96 hours without help.**

- + Don't forget the special needs of each family member
- + Kits are "living kits". Rotate food, water, and other perishable items such as medications.

## Types:

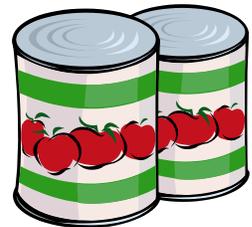
- + Evacuation only supplies: supplies for evacuation should be stored where they can be accessed quickly and in an easy to carry storage container like a backpack
- + Shelter-in-place only supplies: should be stored in an accessible location within the home
- + Earthquake supply kit: should be stored along an outside wall near an entrance or window
- + Automobile
- + Workplace/School

## Include:

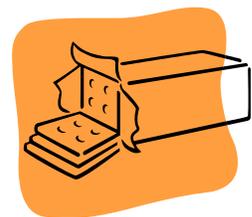
- + Water – At least 1 gallon per person per day  
Store in clean plastic or other non-breakable containers  
Purify, if needed
  - ◆ Boil for 1 minute
  - ◆ Use commercial purification tablets
  - ◆ Use household liquid bleach (5.25% sodium hypochlorite, unscented).
    - Ratio: 1 quart of water – add 4 drops of bleach,
    - 1 gallon of water – add 16 drops of bleach
    - 5 gallons of water – add 1 teaspoon of bleach.
  - ◆ After adding bleach, shake or stir the water container and let it stand 30 minutes before drinking.



- + Food should:
  - be non-perishable
  - require no refrigeration
  - require little or no preparation
  - require little or no cooking
  - use little or no water
  - be as high in nutrition as possible.Rotate food in kit so emergency supply stays fresh.



- + Suggested foods:
  - canned soup, meat, vegetables and fruit
  - Protein or fruit bars
  - Dry cereal and granola
  - Peanut butter
  - Dried fruit
  - Nuts
  - Crackers
  - Canned or boxed juice
  - Non-perishable canned milk
  - Vitamins
  - Comfort/stress food
  - Special food for family members (such as baby food or formula)



+ Utensils:

- Mess kit for each family member
- Manual can opener
- All purpose knife
- Aluminum foil and re-sealing plastic bags
- Some food preparation items may be needed for certain disasters – such as campstove and fuel, matches,



+ First-Aid Kit:

- Two pairs of latex or sterile gloves
- Virus masks
- Sterile dressings in various sizes to stop bleeding
- Hypoallergenic adhesive tape
- Triangular bandage
- Sterile roller bandages assorted sizes
- Assorted sizes of safety pins
- Cleaning agents such as soap, alcohol wipes, antibiotic towelettes and waterless soap
- Antibiotic ointment
- Adhesive bandages of various sizes and shapes
- Q-Tips
- Scissors
- Tweezers
- thermometer
- Petroleum jelly
- Eye wash solution
- Sunscreen
- Prescription medications and supplies
- Non-Prescription drugs: Aspirin and non-aspirin pain reliever, anti-diarrhea, cough syrup, antihistamine tablets, decongestant tablets, antacid



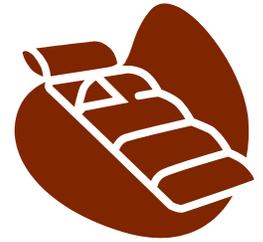
+ Personal and Sanitation:

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach with medicine dropper
- Tooth brush/ Tooth paste
- Hair brush, comb
- Deodorant
- Chapstick



+ Clothing and Bedding:

- Sturdy shoes or boots
- Rain gear
- Blankets or sleeping bags
- Hat and gloves
- Thermal underwear
- Sunglasses
- Belt
- Bandana



+ Tools and Supplies:

- Battery operated radio with extra batteries
- Flashlight with extra batteries
- Duct tape
- Paper, pencil, marking pens
- Work gloves
- Shut off wrench
- Whistle
- Tarp or plastic sheeting
- Emergency blanket
- Dust masks
- Sewing kit
- Rope



+ Other:

- Cash
- Personal Identification
- Copies of important documents such as birth certificates, marriage license, social security cards, passport, wills, deeds, inventory of household goods, insurance papers, immunization records, bank and credit card account numbers, stocks and bonds. Store in watertight container.
- Entertainment – games and books
- Emergency contact list and phone numbers
- Extra set of house and car keys



+ Pet Supplies:

- Food/water
- Dishes
- Veterinarian records in waterproof container
- Medications
- Pet first-aid kit
- Toy
- Blanket
- Treats
- Leash and collar
- Crate
- Current photo of pet and you
- Consider micro chipping pet



Kit for Vehicle:

- Water
- Food
- First-aid kit
- Blanket
- Flashlight & batteries
- Jumper cables
- Flares
- Coat
- Seasonal change of clothes



**+** Kit for Workplace/School:

- Water
- Food
- Whistle
- First-aid kit
- Change of clothes
- Comfortable walking shoes

