

DISASTER SUPPLIES CHECKLIST

FIRST-AID KIT

- TWO PAIRS OF DISPOSABLE GLOVES
- STERILE DRESSINGS
- GAUZE BANDAGES
- CLEANSING AGENT/SOAP & ANTIBIOTIC TOWELETTES
- ANTIBIOTIC OINTMENT
- BURN OINTMENT
- THERMOMETER
- ADHESIVE BANDAGES IN A VARIETY OF SIZES
- ADHESIVE TAPE, 2" WIDTH
- EYE-WASH SOLUTION
- COLD PACK
- SCISSORS
- COTTON SWABS
- TWEEZERS
- OVER-THE-COUNTER MEDS: ASPIRIN/OTHER PAIN-RELIEVER, LAXATIVE, ANTI-DIARRHEA, ANTACID
- DAILY PRESCRIPTION MEDICATIONS
- PRESCRIBED MEDICAL SUPPLIES: GLUCOSE MONITORING, BLOOD-PRESSURE MONITOR

PET-CARE NEEDS

- GET A PET CARRIER OR CRATE FOR EACH PET. *(IT SHOULD BE BIG ENOUGH FOR YOUR PET TO STAND UP IN AND TURN- AROUND INSIDE.)*
- A LEASH AND MUZZLE ON HAND FOR CONTROL
- NEWSPAPERS, PLASTIC BAGS, CLEANSERS, KITTY LITTER
- SUFFICIENT AMOUNTS OF PET FOOD, WATER AND SPECIAL MEDICATIONS
- MAKE SURE YOUR PET'S VACCINATIONS ARE CURRENT
- PET'S COLLAR SHOULD HAVE LICENSE AND ID TAGS
- HAVE PET'S ID RECORDS, DETAILED DESCRIPTION, MEDICAL INFORMATION AND RECENT PICTURE IN WATER-PROOF BAG



Website: www.NorthlandCERT.com

HOME EMERGENCY KIT

KEEP ITEMS IN AIRTIGHT PLASTIC BAGS IN ONE OR TWO EASY-TO-CARRY CONTAINERS. REVIEW EACH YEAR AND UPDATE AS NEEDS CHANGE.

- FOOD AND WATER
- MANUAL CAN OPENER
- UTENSILS
- FIRST-AID KIT
- FLASHLIGHT
- BATTERY-OPERATED RADIO
- BATTERIES
- CASH IN SMALL DENOMINATIONS & COINS
- UNSCENTED LIQUID HOUSEHOLD BLEACH FOR WATER PURIFICATION
- PERSONAL HYGIENE ITEMS: TOILET PAPER, SOAP, FEMININE SUPPLIES
- STUDY SHOES
- HEAVY GLOVES
- WARM CLOTHES, HAT AND RAIN GEAR
- A LOCAL MAP
- EXTRA PRESCRIPTION EYEGLASSES, HEARING AID OR OTHER VITAL PERSONAL ITEMS
- PLASTIC SHEETING, DUCT TAPE AND UTILITY KNIFE FOR COVERING BROKEN WINDOWS
- TOOLS: PLIERS, A SHUT-OFF WRENCH, HAMMER, SCREW-DRIVERS
- BLANKETS OR SLEEPING BAG
- EXTRA KEYS TO YOUR HOUSE AND VEHICLE
- A COPY OF IMPORTANT DOCUMENTS AND PHONE NUMBERS
- PAPER TOWELS, ALUMINUM FOIL
- FIRE EXTINGUISHER
- PAPER, PENCILS
- LARGE PLASTIC BAGS FOR WASTE AND SANITATION
- DIAPERS AND OTHER ITEMS FOR BABIES AND CHILDREN
- SPECIAL-NEED ITEMS FOR FAMILY MEMBERS WITH MOBILITY PROBLEMS
- TENT
- MATCHES IN A WATERPROOF CONTAINER
- PET SUPPLIES
- PLASTIC STORAGE CONTAINERS
- SIGNAL FLARE
- NEEDLES AND THREAD

IMPORTANT DOCUMENTS

KEEP ORIGINALS OF LEGAL DOCUMENTS IN AN OFF-SITE SAFE-DEPOSIT BOX.

- BIRTH CERTIFICATES, ADOPTION PAPERS
- MARRIAGE CERTIFICATE
- SOCIAL SECURITY CARDS
- MILITARY DISCHARGE
- HEALTH INSURANCE ID CARDS
- LIFE INSURANCE POLICIES
- PROPERTY INSURANCE POLICIES
- AUTO REGISTRATION/ OWNERSHIP PAPERS
- AUTO INSURANCE POLICIES
- NATURALIZATION DOCUMENTS
- POWER OF ATTORNEY
- WILL
- PASSPORT
- REAL ESTATE DEEDS OF TRUST
- PREVIOUS YEAR TAX RETURNS
- CONTACT INFORMATION OF YOUR ATTORNEY
- INVENTORY OF VALUABLES WITH PHOTOGRAPHS

MAINTAINING CONTACT

- DETERMINE TWO BEST ESCAPE ROUTES FROM YOUR HOUSE
- PLAN WHERE TO MEET IF YOUR HOME BECOMES UNSAFE. CHOOSE TWO PLACES: ONE JUST OUTSIDE YOUR HOME AND ONE OUTSIDE YOUR NEIGHBORHOOD
- DESIGNATE A CONTACT PERSON FAR ENOUGH AWAY TO NOT BE AFFECTED BY THE SAME EMERGENCY. INSTRUCT FAMILY MEMBERS TO CALL THIS PERSON AND TELL THEM WHERE THEY ARE.
- IF YOU HAVE A CELLPHONE, INCLUDE AN EMERGENCY CONTACT IN YOUR PHONEBOOK. PUT THE LETTERS ICE FOR "IN CASE OF EMERGENCY" BEFORE A PERSON'S NAME TO LET RESCUERS KNOW WHOM TO CONTACT.

FOOD

STORE ENOUGH EMERGENCY FOOD TO FEED YOUR FAMILY FOR AT LEAST THREE DAYS.

- READY-TO-EAT CANNED MEATS, FRUITS AND VEGETABLES
- CANNED JUICES, MILK AND SOUP
- HIGH-ENERGY FOODS, SUCH AS PEANUT BUTTER, JELLY, CRACKERS, GRANOLA BARS AND TRAIL MIX
- COMFORT FOODS SUCH AS HARD CANDY, SWEETENED CEREALS, CANDY BARS AND COOKIES
- DRIED FOODS (*SELECT CAREFULLY AS SOME HAVE HIGH SALT CONTENT*)
- INSTANT MEALS THAT DON'T REQUIRE COOKING OR WATER
- VITAMINS
- PROTEIN OR FRUIT BARS
- NUTS

WATER

- STORE ONE GALLON OF WATER PER PERSON AND PET PER DAY
- SEAL WATER CONTAINERS TIGHTLY IN A CLEAN FOOD-GRADE PLASTIC CONTAINER, LABEL THEM WITH A DATE, AND STORE IN A COOL, DARK PLACE
- ROTATE WATER SUPPLIES EVERY SIX MONTHS (*WATER CAN DEVELOP BACTERIA OR ALGAE FROM MICROSCOPIC CRACKS IN THE CONTAINER*)
- KEEP A SMALL BOTTLE OF UNSCENTED LIQUID BLEACH TO PURIFY WATER (*ADD EIGHT DROPS OF BLEACH TO EACH GALLON OF WATER. SHAKE OR STIR. LET STAND 30 MINUTES.*)

FOOD SHELF-LIFE

GENERAL GUIDELINE FOR ROTATING COMMON EMERGENCY FOODS. WRITE THE DATE YOU STORE FOOD AND WATER ON ALL CONTAINERS

- USE WITHIN SIX MONTHS:** POWDERED MILK (BOXED); DRIED FRUIT (IN METAL CONTAINER); DRY, CRISP CRACKERS (IN METAL CONTAINER); POTATOES
- USE WITHIN ONE YEAR:** CANNED CONDENSED MEAT AND VEGETABLE SOUPS; CANNED FRUITS, FRUIT JUICES AND VEGETABLES; READY-TO-EAT CEREALS; PEANUT BUTTER AND JELLY; HARD CANDY AND CANNED NUTS; VITAMIN C
- MAY BE STORED INDEFINITELY (IN PROPER CONTAINERS AND CONDITIONS):** WHEAT, VEGETABLE OILS, DRIED CORN, BAKING POWDER, SOYBEANS, INSTANT COFFEE, TEA AND COCOA, SALT, NON-CARBONATED SOFT DRINKS, WHITE RICE, BOUILLON PRODUCTS, DRY PASTA, POWDERED MILK (IN NITROGEN-PACKED CANS)

EVACUATION BAG

AN EASY-TO-CARRY BAG WITH AN ID TAG FOR EACH MEMBER OF THE FAMILY TO USE FOR AN EVACUATION

- SOME WATER, FOOD AND MANUAL CAN OPENER
- FLASHLIGHT AND BATTERIES
- BATTERY-OPERATED RADIO
- WHISTLE
- PERSONAL MEDICATIONS AND PRESCRIPTIONS
- EXTRA KEYS TO YOUR HOUSE AND VEHICLE
- WALKING SHOES, WARM CLOTHES, A HAT AND RAIN GEAR
- EXTRA PRESCRIPTION EYEGLASSES, HEARING AID OR OTHER VITAL PERSONAL ITEMS
- TOILET PAPER, PLASTIC BAGS AND OTHER HYGIENE SUPPLIES
- DUST MASK
- POCKET KNIFE, COMPASS
- PAPER, PENCILS, AND TAPE FOR LEAVING MESSAGES
- CASH IN SMALL DENOMINATIONS
- COPIES OF INSURANCE AND IDENTIFICATION CARDS
- A RECENT PICTURE OF YOUR FAMILY MEMBERS AND PETS
- IN YOUR CHILD'S BAG INCLUDE A FAVORITY TOY, GAME OR BOOK AS WELL AS HIS/HER EMERGENCY CARD WITH REUNIFICATION LOCATION AND CONTACT INFORMATION

Provided by the Northland Community Emergency Response Team

For additional information on disaster preparedness, try these websites:

<http://certcommunity.com/> or <http://www.ready.gov>