

Disaster Supply Kit



Every family should have a Disaster Supply Kit in their home. The kit will help you and your family during a disaster. In a hurricane or earthquake, for example, you might be without electricity and the water supply may be polluted. In a heavy winter storm or flood, you may not be able to leave your house for a few days. In times like this, you will need to rely on yourself. Your disaster supply kit will make it easier. Remember, your family will probably never need to use your disaster supply kit, but it's always better to be prepared.

Above is a picture of a Disaster Supply Kit. It is best if these items are kept in a plastic tub or kept together in a cabinet so they will be easy to find.



Storing

water is one of the most important things you can do. In an emergency, pipes may be broken or the water contaminated. (Contaminated means it is not safe to drink.) Store water in plastic containers. Plastic soft drink bottles are good! Don't use milk cartons or glass bottles. You should have a three-day supply of water.

You will need at least two quarts of water for each person in your house for each day. You will also need two quarts per person per day for cooking and hygiene (like brushing your teeth). That means you will need four quarts for each person -- which is one whole gallon! And don't forget extra water for your pets!

You

need to multiply one gallon times the number of people in your house and then multiply that number by three to get the total gallons you'll need. Stored water needs to be treated to make sure it will be safe to drink when you need it. You can do this by adding four drops of bleach per quart of water. Have an adult do this for you. The liquid bleach should have 5.25 percent sodium hypochlorite and NO SOAP! Seal all bottles tightly so they don't leak.



You will need a three-day supply of non-perishable food. Non-perishable means food that can stay good for a long time without needing to be in the refrigerator. It is also good if the food doesn't need to be cooked. Here are some suggestions:

- Ready-to-eat canned meats, fruits and vegetables
- Canned juice, milk and soup
- Sugar, salt and pepper
- High energy foods, like peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Fun foods! Like cookies, hard candy, lollipops, instant coffee and tea
- Special food for babies or older people

The food should be kept dry and cool. Cookies and crackers and other items should be put in plastic bags.



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Everyone in your house should have a complete change of clothes and a pair of sturdy shoes or boots stored in the disaster kit. You should also have rain gear, thermal underwear and blankets or sleeping bags.



Ask your Mom or Dad or another adult for help in locating or creating your first aid kit. These are the things your first aid kit should have:

- Sterile adhesive bandages of different sizes
- Sterile gauze pads
- Hypoallergenic adhesive tape
- Triangular bandages
- Scissors
- Tweezers
- Sewing needle
- Moistened towelettes
- Antiseptic
- Thermometer
- Tube of petroleum jelly
- Safety pins
- Soap
- Latex gloves
- Sunscreen
- Aspirin or other pain reliever
- Anti-diarrhea medicine
- Antacid
- Syrup of Ipecac
- Laxative
- Activated charcoal



There are many things you may need in an emergency or during a disaster. These things should be in a duffle bag or backpack so you can take them with you easily if you have to leave your house. Here is a list of some of the most important things:

- Mess kits, or plates and cups made of paper or plastic
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Non-electric can opener and utility knife (like a Swiss Army knife)
- Fire extinguisher (ABC type)
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminium foil
- Signal flares
- Paper and pencils
- Needle and thread
- Shut-off wrench to turn off the gas and water to your house
- Plastic sheeting
- Whistle
- Toilet paper
- Soap
- Household chlorine bleach
- Plastic bucket with a tight lid
- Plastic garbage bags