

Be Prepared - Basic Emergency Kit, Go-Bag, First Aid Kit

Basic Emergency Kit



After a major disaster the usual services we take for granted, such as running water, refrigeration, and telephones, may not be available.

You should be prepared to be self-sufficient for at least three days. Store your household disaster kit in an easily accessible location. Put contents in a large, watertight container (e.g. a large plastic garbage can with a lid and wheels) that you can move easily.

Your basic emergency kit should include:

- Water – one gallon per person per day
- Food - ready to eat or requiring minimal water
- Manual can opener and other cooking supplies
- Plates, utensils and other feeding supplies
- First Aid kit & instructions
- A copy of important documents & phone numbers
- Warm clothes and rain gear for each family member
- Heavy work gloves
- Disposable camera
- Unscented liquid household bleach and an eyedropper for water purification
- Personal hygiene items including toilet paper, feminine supplies, hand sanitizer and soap
- Plastic sheeting, duct tape and utility knife for covering broken windows
- Tools such as a crowbar, hammer & nails, staple gun, adjustable wrench and bungee cords
- Blanket or sleeping bag
- Large heavy duty plastic bags and a plastic bucket for waste and sanitation
- Any special-needs items for children, seniors or people with disabilities
- And, don't forget water and supplies for your pets

“Go-Bag”

A component of your disaster kit is your “Go-Bag”. Put the following items together in a backpack or another easy to carry container in case you must evacuate quickly. Prepare one “Go-Bag” for each family member and make sure each has an I.D. tag. You may not be at home when an emergency strikes so keep some additional supplies in your car and at work, considering what you would need for your immediate safety.



- Flashlight
- Radio – battery operated
- Batteries
- Whistle
- Dust mask

- Pocket knife
- Emergency cash in small denominations and quarters for phone calls
- Sturdy shoes, a change of clothes, and a warm hat
- Local map
- Some water and food
- Permanent marker, paper and tape
- Current photos of family members and pets for re-identification purposes
- List of emergency point-of -contact phone numbers
- List of allergies to any drug (especially antibiotics) or food
- Copy of health insurance and identification cards
- Extra prescription eye glasses, hearing aid or other vital personal items
- Prescription medications and first aid supplies
- Toothbrush and toothpaste
- Extra keys to your house and vehicle
- Any special-needs items for children, seniors and people with disabilities
- And, don't forget to make a "Go-Bag" for your pets

First-Aid Kit



In any emergency, you or a family member may be cut, burned or suffer other injuries. Keep the following basic first aid supplies so you are prepared to help when someone is hurt.

- Two pairs of disposable gloves
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic wipes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Scissors
- Over-the-counter medicines such as Aspirin or other pain reliever, laxative, anti-diarrhea medication
- Prescription medications you take every day such as insulin, heart medicine, or asthma inhaler
- Prescribed medical supplies such as glucose monitoring equipment or blood pressure monitors

It is important for you to know and remember that if a disaster should occur, it is unlikely that emergency response services will be able to immediately respond to everyone's needs. It is important to be prepared to take care of yourself and your family. Plan to have enough supplies to allow for you to be on your own for the first 72 hours.