

# Prepare a Disaster Supply Kit

When a disaster strikes, many are left with a sense of panic and vulnerability. Preparing in advance can help alleviate concern and help you and your family cope with the situation.

Assemble supplies you might need in an evacuation. Store smaller items in an easy-to-go container, such as a backpack or duffel bag.



## Disaster Supply Kit:

- A supply of water - one gallon per person per day. Store water in sealed, unbreakable containers. Identify the expiration date or replace every six months.
- A supply of non-perishable, packaged or canned food and a non-electric can opener
- A change of clothing, rain gear and sturdy shoes
- A first aid kit and prescription medications
- A battery-operated radio, flashlight and plenty of extra batteries
- A list of family physicians and their contact info
- Blankets or sleeping bags
- An extra pair of glasses
- Credit cards and cash
- An extra set of car keys
- A list of important family information; for example, the style and serial number of medical devices, such as pacemakers
- Special items for infants, elderly or disabled family members

## Emergency Car Kit:

- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- Blanket
- Booster cables
- Fire extinguisher (5 lb., A-B-C type)
- First aid kit and manual
- Bottled water & non-perishable, high-energy foods such as granola bars and peanut butter
- Maps, Shovel
- Flares
- Tire repair kit and pump
- Phone Chargers
- Portable USB battery charger

**It is important to have supplies ready to sustain your family and keep you comfortable until you are able to leave or until help arrives. Reach out to your EAP for more information on preparing for an emergency.**