

**Disaster Preparedness for Families and  
People with Disabilities**

There are six basics you should stock for your home: 1) water, 2) food, 3) first aid supplies, 4) clothing and bedding, 5) tools and emergency supplies, and 6) special items.

**WATER**

- ◆ Store water in plastic containers, such as large soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A person who is generally active needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need to drink even more.
- ◆ Store three gallons of water per person (one gallon for each day and for each person). Keep at least a three-day supply of water (two quarts for drinking, two quarts for food preparation and sanitation) for each person in the household.

**FOOD**

- ◆ Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of Sterno and matches. Select food items that are compact and lightweight. Include a selection of the following foods in your disaster supplies kit:

- \_\_\_ Ready-to-eat canned meats
- \_\_\_ Canned fruits, dried fruits, and nuts
- \_\_\_ Canned vegetables

***Nonprescription Drugs***

- \_\_\_ Aspirin or nonaspirin pain reliever
- \_\_\_ Antidiarrheal medication
- \_\_\_ Antacid (for stomach upset)
- \_\_\_ Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- \_\_\_ Laxative
- \_\_\_ Activated charcoal (use if advised by the Poison Control Center)

***Sanitation***

- \_\_\_ Toilet paper, towelettes
- \_\_\_ Soap, liquid detergent
- \_\_\_ Feminine hygiene supplies
- \_\_\_ Personal hygiene items
- \_\_\_ Plastic garbage bags, ties ( for personal sanitation uses)
- \_\_\_ Plastic bucket with tight lid
- \_\_\_ Disinfectant
- \_\_\_ Household chlorine bleach
- \_\_\_ Facial tissues

***CLOTHING & BEDDING***

- \_\_\_ One complete change of clothing and footwear per person
- \_\_\_ Sturdy shoes or work boots
- \_\_\_ Rain gear
- \_\_\_ Blankets or sleeping bags
- \_\_\_ Hat and gloves
- \_\_\_ Thermal underwear
- \_\_\_ Sunglasses

***TOOLS & SUPPLIES***

- \_\_\_ Mess kits or paper cups; plates and plastic utensils
- \_\_\_ Cash or traveler's checks, coins
- \_\_\_ Non-electric can opener, utility knife
- \_\_\_ Pliers, screwdriver, hammer, crowbar, assorted nails, wood screws
- \_\_\_ Shutoff wrench, to turn off household gas and water
- \_\_\_ Tape, such as duct tape
- \_\_\_ Compass
- \_\_\_ Matches in a waterproof container
- \_\_\_ Aluminum foil
- \_\_\_ Plastic storage containers
- \_\_\_ Signal flare
- \_\_\_ Paper, pencil
- \_\_\_ Needles, thread
- \_\_\_ Medicine dropper
- \_\_\_ Adhesive labels
- \_\_\_ Safety goggles
- \_\_\_ Heavy work gloves
- \_\_\_ Whistle

***Items for Service Animals/Pets***

- \_\_\_ Food
- \_\_\_ Additional water
- \_\_\_ Leash/harness
- \_\_\_ Identification tags
- \_\_\_ Medications and medical records
- \_\_\_ Litter/pan

***Entertainment***

- \_\_\_ Games and books

***Other Disaster Supplies***

- ◆ Disability-Related Supplies and Special Equipment - Check items you use, and describe item type and location.
- \_\_\_ Glasses
- \_\_\_ Eating utensils
- \_\_\_ Grooming utensils
- \_\_\_ Dressing devices

**FIRST AID KIT**

- ◆ Assemble a first aid kit for your home and one for each car. A first aid kit should include the following:

- \_\_\_ Sterile, adhesive bandages in assorted sizes
- \_\_\_ Assorted sizes of safety pins
- \_\_\_ Cleansing agent/soap
- \_\_\_ Latex gloves (2 pairs)
- \_\_\_ Sunscreen
- \_\_\_ 2-inch sterile gauze pads (4-6)
- \_\_\_ 4-inch sterile gauze pads (4-6)
- \_\_\_ Triangular bandages (3)
- \_\_\_ 2-inch sterile roller bandages (3 rolls)
- \_\_\_ 3-inch sterile roller bandages (3 rolls)
- \_\_\_ Scissors
- \_\_\_ Adhesive tape
- \_\_\_ Needle
- \_\_\_ Antiseptic
- \_\_\_ Rubbing Alcohol
- \_\_\_ Thermometer
- \_\_\_ Tongue blades (2)
- \_\_\_ Tube of petroleum jelly of other lubricant
- \_\_\_ Extra eye glasses
- \_\_\_ Tweezers
- \_\_\_ Heavy cotton of hemp rope
- \_\_\_ Patch kit and can of seal-in-air
- \_\_\_ Videocassettes
- \_\_\_ Disposable dust masks
- \_\_\_ Plastic sheeting
- \_\_\_ Map of the area (for locating shelters)

***For Baby***

- \_\_\_ Formula
- \_\_\_ Diapers/wipes
- \_\_\_ Bottles
- \_\_\_ Powdered formula, milk or baby food
- \_\_\_ Medications

***Important Family Documents***

- \_\_\_ Copy of will, insurance policies, contracts, deeds, stocks and bonds
- \_\_\_ Copy of passports, Social Security cards, immunization records
- \_\_\_ Record of credit card accounts
- \_\_\_ Record of bank account numbers, names, and phone numbers
- \_\_\_ Inventory of valuable household goods, important phone numbers
- \_\_\_ Family records (birth, marriage, death certificates)
- \_\_\_ Copy of Supplemental Security Income award letter

***Medical Needs***

- \_\_\_ Heart and high blood pressure medication
- \_\_\_ Insulin
- \_\_\_ Prescription drugs
- \_\_\_ Denture supplies
- \_\_\_ Contact lenses and supplies

***Service Animal and Pet Supplies***

- \_\_\_ Food
- \_\_\_ Extra water
- \_\_\_ Leash/harness
- \_\_\_ Collar
- \_\_\_ Identification tags
- \_\_\_ Medications
- \_\_\_ Vaccinations and medical records

***Portable Disaster Supplies Kit***

- \_\_\_ Emergency information list/other lists
- \_\_\_ Small flashlight
- \_\_\_ Whistle/other noisemaker
- \_\_\_ Water
- \_\_\_ Extra medication
- \_\_\_ Copies of prescriptions
- \_\_\_ Extra pair of glasses
- \_\_\_ Hearing aid
- \_\_\_ Sanitary supplies
- \_\_\_ Pad and pencil or other writing device

- Writing devices
- Hearing device
- Oxygen

**Flow rate**

- Suction equipment
- Dialysis equipment
- Sanitary supplies
- Urinary supplies
- Ostomy supplies
- Wheelchair

Wheelchair repair kit

Motorized:

Manual:

- Walker
- Crutches
- Cane(s)
- Dentures
- Monitors
- Other

**Car Supplies**

- Several blankets
- Extra set of mittens or gloves, wool socks, and a wool cap
- Jumper cables and instructions
- Small sack of sand or kitty litter for traction
- Small shovel
- Set of tire chains or traction mats
- Red cloth to use as a flag
- CB radio or cellular telephone

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