

**NORTH BAY REGIONAL CENTER – [www.nbrc.net](http://www.nbrc.net)**

(modified from American Red Cross material)

**DISASTER SUPPLIES GO KIT**

**Recommendations for your Disaster Supplies Go Kit:** There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in a handy bag.

**Please place the following (or equivalent) in your Go-Kit:**

- A duffle bag (\$10.00 from [www.armynavyshop.com](http://www.armynavyshop.com))
- Hankerchief (\$2.99 Target)
- Salvation Army Home Safety Emergency Plan (Please fill the plan out and place in top of the duffle bag.)
- Small first aid kit (\$6.50 from [www.quakekare.com](http://www.quakekare.com))
- 3 pack of water boxes (\$1.09 from [www.quakekare.com](http://www.quakekare.com))
- Water Storage Bag (\$2.95 from [www.quakekare.com](http://www.quakekare.com))
- 2 Emergency food rations (\$3.95 each from [www.quakekare.com](http://www.quakekare.com))
- Battery-operated radio flashlight combination and extra batteries (\$9.95 from [www.quakekare.com](http://www.quakekare.com))
- 3 12 hour green lightsticks (\$1.45 each from [www.quakekare.com](http://www.quakekare.com))
- Tube tent (\$7.95 from [www.quakekare.com](http://www.quakekare.com))
- Emergency thermal blanket (\$1.35 from [www.quakekare.com](http://www.quakekare.com))
- Poncho with hood (\$0.95 from [www.quakekare.com](http://www.quakekare.com))
- Toilet wipes (\$3.25 from [www.quakekare.com](http://www.quakekare.com))
- Whistle (\$2.99 Target)
- 10 Plastic garbage bags (for various personal sanitation uses)
- Duct tape
- Cash or traveler's checks, change
- Current and well labeled medication for three days
- Copy of current prescriptions

- Copy of health and insurance cards
- Copy of critical information that a shelter staff would need to know if you have to go to a shelter.
- Needed Non-Prescription Drugs
- Hat and work gloves
- Sturdy shoes or work boots
- Dust masks
- Rain gear
- Blankets or sleeping bags
- Thermal underwear
- Sunglasses
- Include at least one complete change of clothing and footwear
- Pet supplies and plans for sheltering pets

### **Additional documents for your Go-Kit:**

- Keep these records in a waterproof, portable container:
  - Will, insurance policies, contracts deeds, stocks and bonds
  - Passports, social security cards, immunization records
  - Bank account numbers
  - Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)

### **Please consider placing the following in the Go-Kit:**

- Soap, liquid detergent
- Mess kits, or paper cups, plates, and plastic utensils
- Non-electric can opener, utility knife
- Ready-to-eat canned meats, fruits, and vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods
- Aluminum foil
- Paper, pencil
- Feminine supplies
- Personal hygiene items\*
- Pliers

### **Additional recommendations:**

- Store your kit in a convenient place known to all family members.
- Keep a smaller version of the supplies kit in the trunk of your car.
- Keep items in airtight plastic bags.
- Replace your stored batteries, water supply, and food supply every six months when you change your clocks every six months.
- Re-think your kit and family needs at least once a year.
- Ask your physician or pharmacist about storing prescription medications.

### **Water tips:**

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person 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 more.
- Store one gallon of water per person per day.
- Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).

### **Food tips:**

- Store at least a three-day supply of non-perishable 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. Select food items that are compact and lightweight.

**Additional First Aid supplies to consider:** Assemble a first aid kit for your home and one for each car.

- (20) adhesive bandages, various sizes.
- (1) 5" x 9" sterile dressing.
- (1) conforming roller gauze bandage.
- (2) triangular bandages.
- (2) 3 x 3 sterile gauze pads.
- (2) 4 x 4 sterile gauze pads.
- (1) roll 3" cohesive bandage.
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer.
- (6) antiseptic wipes.
- (2) pair large medical grade non-latex gloves.
- Adhesive tape, 2" width.
- Anti-bacterial ointment.
- Cold pack.
- Scissors (small, personal).

- Tweezers.
- CPR breathing barrier, such as a face shield.

**Non-Prescription Drugs to consider:**

- Aspirin or nonaspirin pain reliever
- Anti-diarrhea 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)

### **Tools and Supplies to consider:**

- Emergency preparedness manual\*
- Fire extinguisher: small canister ABC type
- Compass
- Matches in a waterproof container
- Plastic storage containers
- Signal flare
- Needles, thread
- Medicine dropper
- Shut-off wrench, to turn off household gas and water
- Plastic sheeting
- Map of the area (for locating shelters)

### **Sanitation supplies to consider:**

- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

### **Baby supplies to consider:**

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications

### **Adult supplies to consider:**

- Heart and high blood pressure medication
- Insulin

- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses