



I. C. E.

In Case of Emergency

Guidelines for Emergencies and Disasters

Basic Disaster Supplies Kit

You most likely will need to survive on your own after a disaster. This means having your own food, water, and other supplies in sufficient quantity to last for at least three days. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone immediately. You could get help in hours, or it might take days.

Basic services such as electricity, gas, water, sewage treatment, and telephones may be cut off for days, or even a week or longer. Or, you may have to evacuate at a moment's notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you need.

A disaster supplies kit is a collection of basic items that members of a household may need in the event of a disaster. The following items are recommended for inclusion in your basic disaster supplies kit. Plastic storage bins are handy containers. Another popular container is a plastic rolling garbage can.

- Three-day supply of non-perishable food.
- Three-day supply of water - one gallon of water per person, per day.
- Portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries.
- First aid kit and manual.
- Sanitation and hygiene items (moist towelettes and toilet paper).
- Matches and waterproof container.



- Whistle.
- Extra clothing.
- Kitchen accessories and cooking utensils, including a can opener.
- Photocopies of credit and identification cards.
- Cash and coins.
- Special needs items, such as prescription medications, eye

glasses, contact lens solutions, and hearing aid batteries.

- Items for infants, such as formula, diapers, bottles, and pacifiers.
- Other items to meet your unique family needs.

You must think about warmth and bad weather. It is possible that it will be raining and /or cold. Think about your clothing and bedding supplies. Be sure to include one complete change of clothing and shoes per person, including:

- Warm Jacket or coat, preferably waterproof
- Light weight jacket or sweatshirt.
- Long pants.
- Long sleeve shirt.
- Sturdy shoes.
- Hat, mittens, and scarf.
- Sleeping bag or warm blanket (per person).

If you are likely to be helping rescue efforts of neighbors or co-workers, include in a backpack:

- Gloves, hard hat, eye protection
- Flashlight, first aid kit
- Light rescue tools (pry bars, hammer, pliers)