## DISASTER SUPPLY KIT

### Water*
- 1 gallon per person/per day, for 3 to 5 days
  
  (½ for drinking, ½ for sanitation & cooking)

### Food*
- 3 to 5 day supply of food - requiring minimal water, no refrigeration, preparation or cooking (canned foods, granola bars, trail mix, etc.)
- Manual can opener

### Sanitation Supplies
- Toilet paper
- Soap
- Garbage bags
- Plastic bags with seals
- 5-gallon bucket with lid
- Disinfectant
- Pre-moistened towelettes
- Feminine hygiene products and diapers

### First Aid Kits**
- Prescription and non-prescription medications
- Extra eyeglasses and contact lenses.
- Pre-packaged first aid kit

### Clothing and Bedding
- One complete change of clothing
- Sturdy footwear
- Sleeping bag (or 2 blankets) per person

### Records & Financial Documents
- Cash (small bills) or traveler’s checks
- Credit card
- Extra set of car keys in a waterproof container
- Originals of important documents - in a safe place
- Emergency phone numbers

### Other Items
- Games, toys and books
- Pet supplies (food, water, carriers, etc.)
- Comfort/care items unique to infant, elderly and disabled family members
- Extra set of keys

### Survival Tools and Equipment
- Battery-powered radio, flashlight
- Extra bulbs and batteries
- Call letters and dial settings of your local Emergency Alert System stations taped on your radio and TV

- Wrenches, duct tape, a whistle and a utility knife
- A road map
- Cell phone

* Rotate food & water every six months

** Keep first aid supplies in home & car

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**FOR MORE INFORMATION:**

Virginia Department of Health  
Virginia Dept. of Emergency Management  
American Red Cross  

[www.vdh.virginia.gov/epr](http://www.vdh.virginia.gov/epr)  
[www.vaemergency.com](http://www.vaemergency.com)  
[www.redcross.org](http://www.redcross.org)