

“Get Prepared, Stay Prepared”

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
- ☐ _____

First Aid Kits**

- ☐ Prescription and non-prescription medications
- ☐ Extra eyeglasses and contact lenses.
- ☐ Pre-packaged first aid kit
- ☐ _____

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

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
- ☐ _____

Clothing and Bedding

- ☐ One complete change of clothing
- ☐ Sturdy footwear
- ☐ Sleeping bag (or 2 blankets) per person
- ☐ _____

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*

FOR MORE INFORMATION:

Virginia Department of Health
<https://www.vdh.virginia.gov/>