

“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
Virginia Dept. of Emergency Management
American Red Cross

www.vdh.virginia.gov/epr
www.vaemergency.com
www.redcross.org