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Preparing An Emergency Supply Kit

Longview, WA--- Disasters and emergencies can happen quickly and without warning, forcing people to evacuate their neighborhoods or be isolated in their homes. One of the best ways to make homes and communities safe is to be prepared before a disaster or emergency strikes.

Below are some tips on how to create an emergency supply kit. The minimum amount of time that a kit should support you and your family is 3 days (72 hours), however, it is important to keep in mind that a kit might need to sustain you and your family for up to 2 weeks depending on the emergency or disaster.

Emergency Kit Supplies:

- **One gallon of water per person, per day (to consume)**
 - Stored in cool area, not in direct sunlight, and rotated every 6-12 months
- **Non-perishable food for each person**
 - Foods that requires no refrigeration and rotated every 6-12 months (please do not forget formula and other food products for infants, if needed)
- **First aid kit**
 - Bandages, scissors, latex gloves, sterile pads, sterile roll bandages, tweezers, petroleum jelly, cleansing agents, antiseptic ointment or spray, antibacterial and alcohol-based hand wipes or gels, ACE bandages and a first aid booklet or guide
- **Toiletries**
 - Toilet paper, paper towels, plastic garbage bags and ties, feminine supplies, infants supplies, soap, personal hygiene products
- **Tools and supplies**
 - Flashlight with extra batteries, compass, aluminum foil, flares, wrench to shut off utilities, non-electric can opener, matches, pencil/paper, whistle, tarp, dust masks and work gloves, duct tape and plastic to cover windows
- **Copies of important documents in a sealed, waterproof bag**
 - Personal wills, insurance policies, deeds, social security cards, birth/marriage/death certificates, etc.
- **7 day supply of vital medications**
- **Battery operated radio with extra batteries**
- **Blankets and at least one change of clothes and shoes for each person in your family**
- **Extra food, water, medication for your pets/animals**
- **Fire extinguisher**
- **Household bleach**
- **Small supply of cash**

Note: Since some of these supplies should be rotated every six to twelve months, it might be easy to remember to do so when you change your smoke detector batteries or when daylight savings time occurs. Also, plastic storage containers are easy to store your kits in. You can store supplies in large containers at your home, and smaller containers for your vehicle or your workspace.

You can find additional information at www.ready.gov or at www.redcross.org