

**IT COULD
HAPPEN TO
YOU**

Family Emergency Preparedness Kit

EM 8864-E • August 2004

There are six basics you should stock for your home: water, food, first-aid supplies, clothing and bedding, tools and emergency supplies, and special items.

Items you would most likely need during an emergency are marked with an asterisk (*). Store them in an easy-to-carry container such as a large, covered trash can, a camping backpack, or a duffle bag. Keep your kit in a convenient place known to all family members; keep a smaller version of the kit in the trunk of your car.

Water

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break (e.g., milk cartons or glass bottles). A normally active person needs to drink at least 2 quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.

- Store 1 gallon of water per person per day.
- Keep at least a 3-day supply of water per person (2 quarts for drinking, 2 quarts for each person for food preparation/sanitation).*

Food

Store at least a 3-day supply of non perishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. If you must heat food, include a can of portable cooking fuel such as Sterno. Select items that are compact and lightweight:

- Ready-to-eat canned meats, fruits, vegetables
- Canned juices
- Staples (salt, sugar, pepper, spices, etc.)
- High-energy foods
- Vitamins
- Food for infants (see page 2)
- Comfort/stress foods

* Items most likely needed

First-aid kit

Assemble a first-aid kit for your home and one for each car:

- (20) adhesive bandages, various sizes
- (1) 5" x 9" sterile dressing
- (1) conforming roller gauze bandage
- (2) triangular bandages
- (2) 3" x 3" sterile gauze pads
- (2) 4" x 4" sterile gauze pads
- (1) roll 3" cohesive bandage
- (2) germicidal hand wipes or waterless alcohol-based hand sanitizer
- (6) antiseptic wipes
- (2) pair large medical grade nonlatex gloves
- Adhesive tape, 2" width
- Antibacterial ointment
- Cold pack
- Scissors (small, personal)
- Tweezers
- CPR breathing barrier, such as a face shield

Non-prescription drugs

- Aspirin or nonaspirin pain reliever
- Anti diarrhea medication
- Antacid (for upset stomach)
- Syrup of ipecac (use to induce vomiting only if advised by the Poison Control Center)
- Laxative
- Activated charcoal (use if advised by the Poison Control Center)

Adapted for use in Oregon from The Disaster Handbook, 1998 National Edition, Institute of Food and Agricultural Sciences, University of Florida Cooperative Extension Service.



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Tools and supplies

- Mess kits, or paper cups, plates, and plastic utensils*
- Emergency preparedness manual*
- Battery-operated radio and extra batteries*
- Flashlight and extra batteries*
- Cash or traveler's checks, change*
- Nonelectric can opener, utility knife*
- Fire extinguisher (small canister ABC type)
- Tube tent
- Pliers
- Tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plastic storage containers
- Signal flare
- Paper, pencil
- Needles, thread
- Medicine dropper
- Shut-off wrench to turn off household gas and water
- Whistle
- Plastic sheeting
- Map of the area (for locating shelters)

Sanitation

- Toilet paper, towelettes*
- Soap, liquid detergent*
- Feminine supplies*
- Personal hygiene items*
- Plastic garbage bags, ties (for personal sanitation uses)
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach

* Items most likely needed

Entertainment

- Games and books

Clothing and bedding

Include at least one complete change of clothing and footwear per person*:

- Sturdy shoes or work boots*
- Rain gear*
- Blankets or sleeping bags*
- Hat and gloves
- Thermal underwear
- Sunglasses

Special requirements

For infants and/or special-needs adults:

- Formula*
- Diapers*
- Bottles*
- Powdered milk*
- Medications (such as those for heart and high blood pressure, insulin, and other non-prescription drugs)*
- Denture needs
- Contact lenses and supplies
- Extra eyeglasses

Important family documents

Store records in a waterproof container:

- Will, insurance policies, contracts, deeds, stocks, and bonds
- Passports, Social Security cards, immunization records
- Bank account numbers
- Credit card account numbers and companies
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, divorce, death certificates)

Trade-name products and services are mentioned as illustrations only. This does not mean that the Oregon State University Extension Service either endorses these products and services or intends to discriminate against products and services not mentioned