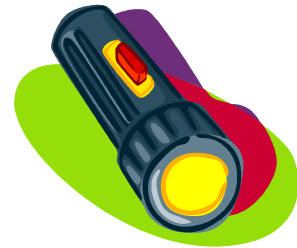# January 2006
Family Disaster Supplies & Preparedness

When preparing for a possible emergency situation, it's best to think first about the basics of survival: **fresh water, food, clean air and warmth**. Every family should have a portable Family Disaster Supply Kit which can be taken to your shelter area or brought with you in the event of an evacuation. Each family or individual's kit should be customized to meet specific needs, such as medications and infant formula. It should also be customized to include important family documents.

Recommended Supplies to Include in a Portable Kit:

☐ **Water**, amounts for portable kits will vary. Individuals should determine what amount they are able to both store comfortably outside the home and be able to transport to other locations
☐ **Food**, at least a three-day supply of non-perishable food
☐ **Battery-powered radio** and a **NOAA Weather Radio** with tone alert, and **extra batteries** for both
☐ **Flashlight** and **extra batteries**
☐ **First Aid kit**
☐ **Blankets or Sleeping Bags**
☐ **Whistle** to signal for help
☐ **Dust mask** or cotton t-shirt, to help filter the air
☐ **Moist towelettes** for sanitation
☐ **Wrench** or **pliers** to turn off utilities
☐ **Can opener** for food (if kit contains canned food)
☐ **Plastic sheeting** and **duct tape** to shelter-in-place
☐ **Unique family needs**, such as daily prescription medications, infant formula or diapers, and important family documents
☐ **Garbage bags** and **plastic ties** for personal sanitation

Other items to consider adding to your Supply Kit:

☐ Emergency reference material such as a first aid book or a print out of this information
☐ Rain gear
☐ Mess kits, paper cups, plates and plastic utensils
☐ Cash or traveler's checks, change
☐ Paper towels
☐ Fire Extinguisher
☐ Tent
☐ Compass
☐ Matches in a waterproof container
☐ Signal flare
☐ Paper, pencil
☐ Medicine dropper
☐ Feminine supplies
☐ Personal hygiene items
☐ Disinfectant
☐ Unscented household chlorine bleach
☐ Pet Supplies

Sources:-Ready.gov

Racine County Office of Emergency Management
730 Wisconsin Ave, Racine, WI 53403
262.636.3515
www.racineco.com/emergencymanagement

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