

# Your disaster supply kit

## Recommendations from the American Red Cross and the CDC

When storms are forecast, you can better prepare yourself and your family with this list, compiled from suggestions by the American Red Cross and Center for Disease Control

- |   |   |
|---|---|
| <input type="checkbox"/> Emergency food & drinking water                  | <input type="checkbox"/> Medicines, glasses or contact lens supplies                  |
| <input type="checkbox"/> At least one change of clothes for every person  | <input type="checkbox"/> Mosquito repellent   |
| <input type="checkbox"/> Baby food, diapers & formula (if needed)         | <input type="checkbox"/> Personal identification                                      |
| <input type="checkbox"/> Bar or liquid soap*                              | <input type="checkbox"/> Pet food   |
| <input type="checkbox"/> Batteries  | <input type="checkbox"/> Phone numbers of places you could go                         |
| <input type="checkbox"/> Bleach (without lemon or additives)              | <input type="checkbox"/> Plastic trash bags   |
| <input type="checkbox"/> Books, magazines, cards & games                  | <input type="checkbox"/> Radio (battery-operated) or TV                               |
| <input type="checkbox"/> Butane lighters                                  | <input type="checkbox"/> Sleeping bags, pillows & blankets                            |
| <input type="checkbox"/> Cash & credit cards                              | <input type="checkbox"/> Shampoo  |
| <input type="checkbox"/> Camera   | <input type="checkbox"/> Sturdy shoes   |
| <input type="checkbox"/> Car keys   | <input type="checkbox"/> Toilet paper & towelettes                                    |
| <input type="checkbox"/> Clock (non-electric)                             | <input type="checkbox"/> Tool kit including hammer, crowbar, nails, saw, gloves, etc. |
| <input type="checkbox"/> Cloth face coverings*                            | <input type="checkbox"/> Water purification tablets (available at drug stores)        |
| <input type="checkbox"/> Cooler (with ice)                                |   |
| <input type="checkbox"/> Disinfecting wipes*                              |   |
| <input type="checkbox"/> Duct & masking tape                              |   |
| <input type="checkbox"/> Fire extinguisher                                |   |
| <input type="checkbox"/> First-aid kit                                    |   |
| <input type="checkbox"/> Flashlight                                       |   |
| <input type="checkbox"/> Grill or camp stove                              |   |
| <input type="checkbox"/> Hand sanitizer*                                  |   |
| <input type="checkbox"/> Lantern with extra fuel (after storm has passed) |   |
| <input type="checkbox"/> Manual can opener                                |   |

\* Recommended by the CDC to help prevent the spread of the coronavirus and other germs

### More tips for making ready

- Have enough disaster supplies for 2 weeks ready
- Keep items in airtight plastic bags
- Replace stored food and water every six months
- Rethink your kit and family needs at least once a year (Replace batteries, update clothes, etc.)
- Ask your physician or pharmacist about storing prescription medications