

# Make sure your emergency kit is stocked

## ALABAMA COOPERATIVE EXTENSION SYSTEM

There are some basic items you should stock in your home or established shelter. These include water, food, first aid supplies, clothing, bedding, tools, and special items such as a battery-operated weather radio, extra batteries, flashlights, and a charged cell phone. Keep items that you would need during an evacuation in an easy-to-carry container.

Store at least 3 gallons of water per person per day—1 gallon for each person and 1 for each day. Keep at least

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



- adhesive bandages in assorted sizes
- safety pins
- soap two
- pairs of sterile gloves
- sunscreen
- four to six 2-inch gauze pads
- four to six 4-inch gauze pads
- three triangular bandages
- three rolls of 2-inch roller bandages
- three rolls of 3-inch roller bandages
- scissors
- adhesive tape
- tweezers
- needles
- thread
- moistened towelettes
- antiseptic
- rubbing alcohol
- a thermometer
- two tongue depressors
- petroleum jelly or other lubricant
- extra eye glasses
- aspirin or non-aspirin pain reliever
- anti-diarrheal
- medication antacids (for stomach upset)
- syrup of ipecac (use to induce vomiting if advised by the Poison Control Center)
- laxative
- activated charcoal (use if advised by the Poison Control Center)

a 3-day supply of water (2 quarts for drinking, 2 quarts for food preparation and sanitation) for each person in the household. A person who is generally active 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 to drink even more. Store water in plastic containers such as large soft

drink bottles. Avoid using containers that will decompose or break.

Store at least a 3-day supply of nonperishable food. Select foods that require no refrigeration, preparation, or cooking and little or no water. If you must heat food, pack a can of chafing fuel and matches. Select food items that are compact and lightweight. Include a selection of foods in your disaster supplies kit such as ready-to-

eat canned meats, canned fruits, dried fruits, canned milk, nuts, canned vegetables, crackers, snacks, and peanut butter.

**Pack over-the-counter and prescription medicines for you and your family.** These may include medicines for the heart, high blood pressure, high cholesterol, diabetes, arthritis, or other ailments or diseases. Don't forget that insulin needs to be kept cool. Check your medications several days before a storm is due to arrive. If you only have 1 or 2 days of medicine left, you may want to get your refills before the storm. Power may be out after the storm, and pharmacies may be closed. Also don't forget about denture and contact lens supplies.

**Stock personal hygiene items.** Include items such as toilet paper, towelettes, soap, liquid detergent, feminine hygiene supplies, soap, toothpaste, toothbrushes, disposable shavers, deodorant, disposable cloths

See **KIT**, 11



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