

# Disaster Supply Checklist

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A disaster supplies kit is a collection of basic items that could be needed in the event of a disaster. This checklist is based primarily on the standard checklist developed by the American Red Cross and has enough supplies for at least three days (you may want to store supplies for 7-14 days if you don't want to have to rely on the government or if you would like to help a neighbor who has not prepared). The list is fairly comprehensive, but will need to be tailored down or beefed up depending on your exact circumstances (size of family, special needs, ages of those in your family, plans to shelter in place, evacuate to friends or relatives, evacuate to a hotel, or evacuate to a shelter).

First Aid Supplies	(X)	First Aid Supplies	(X)
Adhesive bandages (Band-Aids, for example), various sizes		Aspirin and non-aspirin pain reliever for adults	
5" x 9" sterile dressing		Aspirin and non-aspirin pain reliever for children	
Conforming roll gauze bandage (6 rolls)		Anti-diarrhea medication (Pepto-Bismo, for example)	
Triangular bandages or hankerchiefs (3) for arm slings, head, knee bandages, etc.		Antacid (for upset stomach) (Tums, for example)	
2" x 2" or 3" x 3" sterile gauze pads (4-6)		Laxative (for constipation) (Senokot, for example)	
4" x 4" sterile gauze pads (4-6)		Vitamins (Adult)	
Adhesive tape, 1 1/2" - 2" width (2 rolls)		Vitamins (Children)	
Waterless, alcohol-based hand sanitizer (Purell, for example)		Syrup of Ipecac (in the event of poisoning)	
Antiseptic wipes		Benedryl (for mild allergic reactions)	
2 pairs large, medical-grade, gloves (non-latex recommended)		Extra eyeglasses/contact lenses	
Tongue depressor blades (2)		Prescriptions (bring original bottles/prescription copies):	
Antibacterial ointment		1.	
Cold pack (1)		2.	
Scissors (1)		3.	
Tweezers (1)		4.	
Assorted sizes of safety pins (12)		5.	
Cotton balls		6.	
Thermometer (1)			
Petroleum jelly (Vaseline)		<b>Possible Additional Items:</b>	
Sun block (recommend at least 30 SPF)		Needle	
Insect Repellent		Hydrogen Peroxide/Antiseptic	
Lip Balm		Bactine or Benedryl Gel for itching	
CPR breathing barrier (face shield)		Snake Bite Kit	
First aid manual		Aloe Vera Gel for sunburns	
		Liquid bandages	
		Antifungal Spray (Tinactin)	