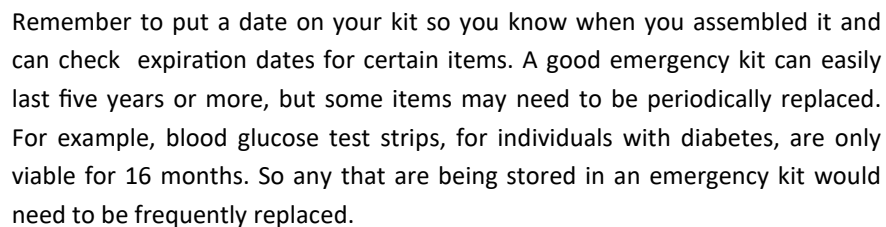
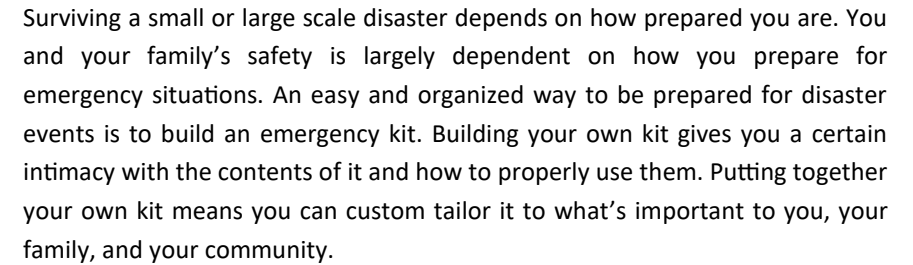
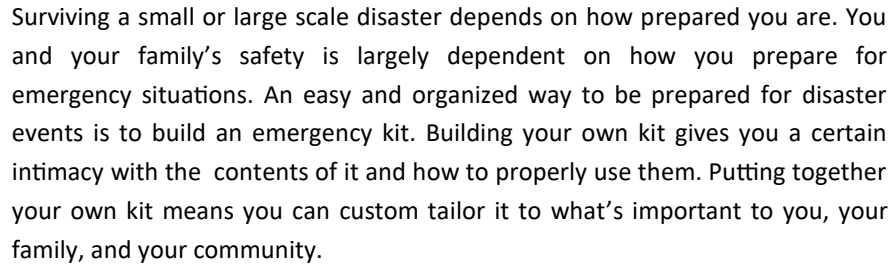




Disaster Emergency Kit



Remember to put a date on your kit so you know when you assembled it and can check expiration dates for certain items. A good emergency kit can easily last five years or more, but some items may need to be periodically replaced. For example, blood glucose test strips, for individuals with diabetes, are only viable for 16 months. So any that are being stored in an emergency kit would need to be frequently replaced.

Essentials

Personal

Useful

Essentials

Personal

Useful



Organizing your Kit



A kit should be tailored to the needs of your family and any likely events to occur in your area. Every item should be listed in detail in a printed contents document. On the back, list important numbers such as your cell/home phone, family, neighbors, insurance companies, doctors, etc.

Hygiene Supplies	First Aid Supplies	General Supplies
<input type="checkbox"/> Soap	<input type="checkbox"/> Basic first-aid guide	<input type="checkbox"/> Change of clothing
<input type="checkbox"/> Toilet paper	<input type="checkbox"/> Essential Medications	<input type="checkbox"/> Food & Water
<input type="checkbox"/> Shampoo	<input type="checkbox"/> Moist towelettes	<input type="checkbox"/> AM/FM/Weather radio
<input type="checkbox"/> Toothbrush	<input type="checkbox"/> Non-latex gloves	<input type="checkbox"/> Flashlight
<input type="checkbox"/> Toothpaste	<input type="checkbox"/> Acetaminophen (Tylenol)	<input type="checkbox"/> Extra batteries (for flashlight and radio)
<input type="checkbox"/> Feminine products	<input type="checkbox"/> Ibuprofen (Advil)	<input type="checkbox"/> Manual can opener
<input type="checkbox"/> Wash cloths	<input type="checkbox"/> Aspirin	<input type="checkbox"/> Duct tape
<input type="checkbox"/> Comb & brush	<input type="checkbox"/> Diphenhydramine (Benadryl)	<input type="checkbox"/> Mylar blankets
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Lopermide (Imodium A-D)	<input type="checkbox"/> Work gloves
<input type="checkbox"/> Hand lotion	<input type="checkbox"/> Burn cream	<input type="checkbox"/> Lighter & matches
<input type="checkbox"/> Floss	<input type="checkbox"/> Hydrocortisone cream	<input type="checkbox"/> Glow sticks (12 hrs.)
<input type="checkbox"/> Tissue	<input type="checkbox"/> Triple antibiotic (Neosporin)	<input type="checkbox"/> Scissors
<input type="checkbox"/> Lip balm	<input type="checkbox"/> Cough drops	<input type="checkbox"/> Trash bags
	<input type="checkbox"/> Earplugs	<input type="checkbox"/> Notebook & pencil
Pet Supplies	<input type="checkbox"/> Instant ice pack	<input type="checkbox"/> Whistles & lanyards
<input type="checkbox"/> Medication	<input type="checkbox"/> Tweezers	<input type="checkbox"/> Sewing kit
<input type="checkbox"/> Medical records	<input type="checkbox"/> Gauze pads & rolls	<input type="checkbox"/> N95 dust masks
<input type="checkbox"/> Vaccination records	<input type="checkbox"/> Digital thermometer	<input type="checkbox"/> Zip ties
<input type="checkbox"/> Leash & collar	<input type="checkbox"/> Cotton balls	<input type="checkbox"/> Small tarp
<input type="checkbox"/> Toys	<input type="checkbox"/> Bandages	<input type="checkbox"/> Safety goggles
<input type="checkbox"/> Plastic bags	<input type="checkbox"/> Nail clippers	

For a full list of supplies, visit our website
www.ChathamEmergency.org



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