

DISASTER SUPPLIES KIT*

When Seconds Count... Be ready for any natural or man-made disaster. Prepare your emergency supply kit. Store it in a backpack, duffle or plastic container with lid such as a tote bin or rolling trash container

Food



	Store at least a 3 day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking & little or no water.		If you must heat food, pack sterno & matches or consider a barbeque.
	After a disaster eat food from the fridge first, followed by the freezer, pantry and then from your emergency kit.		Food for infants, elderly or those on special diets. If allergies are involved, plan accordingly.
	Include Ready to Eat canned meats, fruits & vegetables (packed in water whenever possible)		High energy foods – peanut butter, jelly, crackers, granola bars, trail mix.
	Boxed juices, milk, soup (if powdered, store extra water)		Comfort/stress food-cookies, hard candy, lollipops, instant coffee, tea bags.
	Staples-sugar, salt, condiments		Non-Electric Can Opener. Utensils, plates, napkins. Storage bags, foil.

Water









	One Gallon per person per day. (½for drinking ½for sanitation/cooking) Store water in sealed, unbreakable containers. Date & replace every 6 mos or use specially packed water with a 5 yr shelf life. 1 gallon X # people <input type="text"/> X # days <input type="text"/> = <input type="text"/>		
	Chlorine bleach (http://www.factsaboutbleach.com/) - In case of an emergency, boil water for 1 minute. When boiling is not possible, filter water to let suspended particles settle out. Pour off the clear water and add Clorox Liquid Bleach (CLB) as follows:		
	1 teaspoon CLB per 5 gallons water		16 drops CLB per 1 gallon water
	4 drops CLB per 1 quart water		
	Wait 30 minutes. The water should have a slight chlorine odor. If not, repeat dose and wait 15 minutes, then sniff again. Use only Clorox Liquid Bleach, not scented bleach.		
	Water purification tablets		Water storage containers.

First aid/Medication



	A 1st aid kit large enough to handle 1 week for the number of people in group. You can build it yourself or purchase one already assembled. Suggestions to include in your kit: Adhesive bandages of various sizes, 5” x 9” sterile dressing or sanitary pads for larger wounds, Gauze roller bandages, 3x3” or 4x4” sterile gauze pads, Ace style elastic bandages, Antibacterial hand wipes, Antiseptic wipes (for wound or skin cleaning), Several pairs of non-latex gloves, Adhesive tape, Antibacterial ointment, Cold packs, Scissors, Tweezers, CPR breathing barrier. Keep bubble wrap – it’s cheap & makes a great soft splint		
	Keep at least a 3 day supply of prescription medication. If you take insulin, preferably a 1 month supply. Include a FRIO Evaporative cooling case to keep insulin cool during power outages. Include extra syringes, BG meter, test strips, lancets, pump supplies, batteries for meter/pump, glucagon kit, ketone test strips, alcohol wipes, glucose tablets/gel. Keep updated list of medications & dosages in your wallet or phone. Include over the counter meds such as vitamins cold remedies, anti-diarrheal, allergy & pain/fever reducers. Wear medical ID! Rotate out items that are near expiration!!!		

Communication/Lighting			
Keep a radio & several flashlights. There are also solar & crank powered on the market. Pack plenty of extra batteries for back up. Rotate batteries near expiration. If uncertain about the expiration date, rotate every 6 months or when you change your clock to daylight savings time			
Keep cell phones charged. Pack additional charger cords, battery packs.		Put important # in cell under I.C.E. (in case of emergency)	
Shelter/Warmth			
A change of clothing, rain gear & sturdy shoes. Remember to update sizes as necessary.		Blankets or sleeping bags. A tent or canopy if you have one. Tarps or mats.	
Instant Heat Packs.		Solar/Mylar Blankets	
Tools			
A pair of leather palm gloves, non-electric hammer/nails, screwdriver/screws, duct tape, dust mask, broom, shovel (flat and pointed), rope.		Look at your current home-make modifications now if you need ramps or lifts to make exiting possible in an emergency	
Sanitation			
Personal hygiene products such as toothbrush/paste, shampoo, feminine hygiene products. Soap and/or Waterless hand sanitizer (if no water available)		Portable toilet w/lid, toilet tissue, waste deodorizer & digester, trash bags.	
		Special Needs	
			
Special items for elderly or disabled family members such as a cane, wheelchair, walker.		Special items for infants such as formula, bottles, diapers, immunization record.	
Special items for pets such as food/water, medication, crate, vet info.		An extra set of car keys	
An extra pair of glasses or contact lenses		A list of important family information; the style & serial number of medical devices such as pacemakers.	
Credit cards & ATMs will not work in a power outage. Keep bills no larger than a 20 and plenty of 1s, 5s and 10s so you have as close to exact change as possible. Know what skills you can barter.		Keep your gas tank at least half full. In power outages gas pumps will not work. If evacuation is necessary, lines will be long and supplies short.	

*These are just some of the steps you need to take to build a supply kit. Each person has different needs.

Contact www.FRIOCase.com (888) 909-PREP (7737)

If you need help planning your kit or purchasing supplies - we're here to help!

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