

DISASTER KIT

Date: _____

Food and Water # of units

- Water
- Canned meat
- Canned fish
- Canned soup
- Canned fruit
- Canned vegetables
- Canned fruit juices
- Beef/pork jerky
- Freeze-dried foods
- Evaporated or powdered milk
- Coffee
- Tea
- Bouillon
- Cereal
- Dry pasta
- Dry corn
- Rice
- Peanut butter
- Hard candy
- Crackers
- Trail mix
- Beans
- Soybeans
- Salt
- Sugar
- Spices
- Honey
- Vitamin and mineral supplements
- Dry pet food

Tools

- Flashlights
- Extra batteries
- Matches
- Candles
- Wrench

- Pliers
- Screwdriver
- Knife
- Duct tape
- Manual can opener
- Battery-powered or crank-operated radio
- Extra batteries
- Needles
- Thread
- Paper or lightweight plastic plates, cups, cutlery
- Cooking pot
- Camp-style cook stove
- Fuel

Hygiene Items

- Regular bar soap
- Waterless soap
- Moist disposable towelettes
- Sanitary napkins or tampons
- Toilet paper
- Cleaning and storing solutions for contact lenses
- Ordinary chlorine bleach
- Liquid detergent
- Plastic garbage bags
- Paper towels

Physical Comfort Items

- Sleeping bags
- Blankets (space blankets are ideal)
- Change of clothes for each family member
- Durable shoes
- Towels
- Extra socks
- Extra underwear
- Gloves
- Rain gear
- Warm and/or waterproof hats