

THE FOLLOWING SHOULD BE INCLUDED IN YOUR BASIC DISASTER SUPPLIES KIT:

Seven-day supply of nonperishable food, eating utensils, manual can opener, paper plates and cups. If you have diabetes, your food supply should include:

- 1 large box crackers
- one jar peanut butter
- a small box powdered milk
- one package unsweetened dry cereal
- 6 packages cheese crackers
- 6 cans regular soda
- 6 cans diet soda
- 6 packs canned juice
- 1 gallon water per day, per person
- 6 packs Parmalat milk
- 6 cans fruit in light syrup
- 1 can prepared meat
- you may also purchase some meal replacements such as, Glucerna® or Choice DM® shakes or bars.

Glucose testing equipment

Portable, battery-powered radio or television and extra batteries

Flashlight and extra batteries

First aid kit and manual

Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper)

Matches in waterproof container

Whistle

Extra clothing and blankets

Kitchen accessories and cooking utensils

Photocopies of identification and credit cards

Cash and coins

Special needs items such as prescription medications, eye glasses, contact lens solution, and hearing aid batteries

Items for infants, such as formula, diapers, bottles, and pacifiers

Tools, pet supplies, a map of the local area, and other items to meet your unique family needs

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat during or after a disaster. Think about your clothing and bedding needs. Be sure to include one set of the following for each person:

- Jacket or coat
- Long pants and long sleeve shirt
- Sturdy shoes
- Hat, mittens, and scarf.
- Sleeping bag or warm blanket

Supplies for your vehicle include:

- Flashlight, extra batteries and maps
- First aid kit and manual
- White distress flag
- Tire repair kit, booster/jumper cables, pump and flares

- Bottled water and non-perishable foods such as granola bars
- Seasonal supplies: Winter - blanket, hat, mittens, shovel, sand
- tire chains, windshield scraper, florescent distress flag; Summer – sunscreen lotion (SPF 15 or greater), shade item (umbrella, wide brimmed hat, etc)

Excerpted and adapted from the "Preparing for Disaster for People with Disabilities and Other Special Needs" brochure published by The American Red Cross.