



**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
  - 1 jar peanut butter
  - A small box powdered milk
  - 1 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
  - 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.*