

Emergency Kit: Be Prepared

Remember, the essentials are identification, fuel, food, water, and safety.

The following should be included in a basic disaster-preparedness kit:

- Eating utensils, a manual can opener, paper plates and cups
- A seven-day supply of nonperishable food (see below)
- A portable, battery-powered radio or television
- Flashlights with extra batteries
- First Aid kit and manual
- Hand sanitizer, soap, moist towelettes, and toilet paper
- Matches in a waterproof container
- Whistle
- Extra clothing and blankets
- Kitchen accessories and cooking utensils
- Photocopies of identification and credit cards
- Cash in small bills and coins
- Medications, eyeglasses, contact lenses, solution, hearing aid batteries
- Infant items - formula, diapers, bottles, and pacifiers
- Tools, pet supplies, and a map of the local area
- An emergency blanket
- Sunscreen
- A heavy black marker and posterboard for making signs
- Water in a safe container
- Water purification tablets
- Good walking shoes
- Lots of batteries, in all sizes

Diabetes-specific supplies include:

- A list of your current prescriptions
- Glucose tabs
- A supply of any diabetes medications you take (check with your pharmacy about safe storage)
- Insulin (make sure you keep your supply updated and store appropriately)
- A light-proof box for your monitor and test strips
- Nonperishable food, including:
 - one jar peanut butter
 - a small box powdered milk
 - 6 cans diet soda

- 1 gallon water per person, per day
- 6 packs Parmalat milk
- canned prepared meat
- meal replacements such as Glucerna® or Choice DM® shakes or bars
- canned goods high in protein (like tuna, beans)
- canned fruit packed in juice or water

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-sleeved 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
- Seasonal supplies: For winter — blanket, hat, mittens, shovel, sand, tire chains, windshield scraper, florescent distress flag; For 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. 