

BIOLOGICAL AND CHEMICAL TERRORISM

Session 6 - DISASTER SUPPLIES KIT

REVIEW

In Session 4 and 5 we discussed Shelter-in-place and the need to have a Disaster Supplies Kit available when you seek shelter. This session is a summary of the six basics that constitute a Disaster Supply kit. Those are Water, Food, First Aid Supplies, Clothing and Bedding, and Special Items.

- **WATER** - A three-day supply of one gallon per person per day stored in plastic containers.
- **FOOD** - A three-day supply of non-perishable food that requires no refrigeration preparation or cooking and little or no water such as:
 - Ready to eat canned meats, fruits, vegetables, canned juices, milk, soup
 - Staples such as sugar, salt and pepper
 - High energy foods such as peanut butter, jelly, crackers, granola bars, trail mix
 - Vitamins
 - Food for infants, elderly persons or those on special diets
 - Comfort/Stress foods such as hard candy, cookies, instant coffee, tea bags
- **FIRST AID KIT** - Assemble one kit for your home and one for your car
- **TOOLS AND SUPPLIES** - Including eating utensils, radio, flashlight and batteries, can opener and utility knife, small fire extinguisher, shelter such as a tube tent. Tools to include; pliers, tape, compass, signal flare, needles and thread, shut-off wrench for gas and water, whistle, plastic sheeting, paper and pencil and a map of the area. Sanitary supplies and personal hygiene items, disinfectant, plastic bags with ties and a plastic bucket with tight lid.
- **CLOTHING AND BEDDING** - At least one change of clothing and sturdy footwear per person. Rain gear, blankets or sleeping bags, hat and gloves, thermal underwear
- **SPECIAL ITEMS** - For family members with special needs such as infants, and elderly or disabled persons. Medications and supplies. Games and books for entertainment and important family documents such as wills, insurance policies, deeds, stocks and bonds, passports, social security cards and immunization records. Bank account and credit card numbers, important telephone numbers and other important data, family records (birth, marriage and death certificates) and an inventory of valuable household goods, (one suggestion was to keep important personal data on your computer hard drive take it with you when you evacuate)

STORAGE: The kit contents should be kept in airtight plastic bags and in a place known to all family members. Food and water supplies should be rotated every six months. Batteries should be replaced annually.

For additional information and a very informative Disaster Supplies Kit brochure check out the Red Cross Website at: <http://www.redcross.org/services/disaster/beprepared/supplies.html>