

Storm safety checklist



Supplies

There are six basics you should stock in your home: Water; food; first aid supplies; clothing and bedding; tools and emergency supplies; and special items. Keep the items you would most likely need during an evacuation in an easy-to-carry container, such as:

A storage tote, backpack or a duffle bag.



Water

Store water in sturdy, sealable, plastic or metal containers like jugs or bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. A normally active person needs to drink at least 2 quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers and ill people will need more.

- Store 1 gallon of water per person per day (2 quarts for drinking, 2 quarts for food preparation/sanitation).
- Keep at least a three-day supply of water for each person in your household.



Food

Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation or cooking, and little to no water. If you must heat food, pack a can of sterno or a camping stove. Select food items that are compact and lightweight.

Include a selection of the following foods in your disaster supplies kit:

- Ready-to-eat canned meats, fruits and vegetables.
- Canned juices, milk and soup (if powdered, store extra water).
- Staples like sugar, salt and pepper.
- High-energy foods like peanut butter, jelly, crackers, granola bars and trail mix.
- Vitamins.
- Food for infants, elderly people or people on special diets.
- Comfort/stress foods like cookies, hard candy, sweetened cereals, instant coffee and tea bags.



First aid kit

Assemble a first aid kit for your home and one of each car. A first aid kit should include:

- Sterile adhesive bandages in assorted sizes.
- 2-inch sterile gauze pads (four to six).
- 4-inch sterile gauze pads (four to six).
- Hypoallergenic adhesive tape.
- Triangular bandages (three).
- 2-inch sterile roller bandages (three rolls).
- 3-inch sterile roller bandages (three rolls).
- Scissors.
- Tweezers.
- A needle.
- Moistened towelettes.
- Antiseptic.
- A thermometer.
- Tongue blades (two).
- Petroleum jelly or other lubricant.
- Assorted sizes of safety pins.
- A cleansing agent/soap.
- Latex gloves (two pairs).

Nonprescription drugs

- Aspirin or nonaspirin pain reliever.
- Antidiarrhea medication.
- Antacid (for upset stomach).
- Syrup of ipecac (to induce vomiting if advised by the Poison Control Center).
- Laxative.
- Activated charcoal (to use if advised by the Poison Control Center).

Contact your local American Red Cross chapter to obtain a basic first aid manual.

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Tools and supplies

- Mess kit or paper cups, plates and plastic utensils.
- Emergency preparedness manual.
- Battery-operated radio and extra batteries.
- Flashlight and extra batteries.
- Cash or traveler's checks and change.
- Nonelectric can opener and utility knife.
- Small canister ABC fire extinguisher.
- Tube tent.
- Pliers.
- Tape.
- Compass.
- Matches in a waterproof container.
- Aluminum foil.
- Plastic storage containers.
- Signal flare.
- Paper and pencil.
- Needles and thread.
- Medicine dropper.
- Shut-off wrench to turn off household gas and water.
- Whistle.
- Plastic sheeting.
- Map of the area (for locating shelters).

Sanitation

- Toilet paper and towelettes.
- Soap and liquid detergent.
- Feminine supplies.
- Personal hygiene items.
- Plastics garbage bags and ties (for personal sanitation uses).
- Plastic bucket with tight lid.
- Disinfectant.
- Household chlorine bleach.



Clothing and bedding

Include at least one complete change of clothing and footwear per person.

- Sturdy shoes or work boots.
- Rain gear.
- Blankets or sleeping bags.
- Hat and gloves.
- Thermal underwear.
- Sunglasses.



Special Items

Remember family members with special needs, such as infants and elderly or disabled persons.

For babies:

- Formula.
- Diapers.
- Bottles.
- Powdered milk.
- Medication.

For adults:

- Heart and high blood pressure medication.
- Insulin.
- Prescription drugs.
- Denture needs.
- Contact lenses and supplies.
- Extra eye glasses.

Entertainment:

- Games and books.

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Important family documents

Keep these records in a waterproof, portable container.

- Will, insurance policies, contracts, deeds, stocks and bonds.
- Passports, social security cards and immunization records.
- Bank account numbers.
- Credit card account numbers and companies.
- Inventory of valuable household goods and important telephone numbers.
- Family records (birth, marriage and death certificates).

Suggestions and reminders

- Store your kit in a convenient place known to all family members. Keep a smaller secondary disaster supply kit in the trunk of your car.
- Keep items in airtight plastic bags.
- Change your stored water supply every six months.
- Rotate your stored food every six months.
- Rethink your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications.