STOCK A KIT WITH THESE ESSENTIALS

SANITATION
- Toilet paper, moist tissues
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Plastic garbage bags and ties for personal sanitation use
- Plastic bucket with tight lid
- Disinfectant
- Household chlorine bleach
- Toothbrush, toothpaste

FOOD
- Store at least a three-day supply of nonperishable food. Select foods that require no refrigeration, preparation or cooking, and little or no water. Pack a can of Sterno for heat food. Select food items that are compact and lightweight. Include:
  - Canned meats, fruits, and vegetables
  - Canned juices
  - Staples (calt, sugar, pepper, spices, etc.)
  - High-energy foods
  - Vitamins
  - Food for infants
  - Comfort foods such as candy and crackers

WATER
- Store water in plastic containers such as soft drink bottles. Avoid containers that will break or decompose. Set aside at least one gallon of water per person per day and keep no less than a three-day supply. A normally active person must drink at least 2 quarts of water daily. Warm climates and intense activity can double that amount. Children, nursing mothers and sick people will need even more.

TOOLS AND SUPPLIES
- First aid kit; cracker jack plates and plastic utensils
- Emergency preparedness manual
- Battery-operated radio and extra batteries
- Flashlight and extra batteries
- Cans or travelers' chokes, change
- Manual can opener
- Utility knife
- Can of Sterno
- Fire extinguisher: small ABC type canister
- Pliers
- Screwdriver
- Hammer
- Snare
- Ax
- Duct tape
- Compass
- Matches in a waterproof container
- Aluminum foil
- Plasco storage containers
- Emergency hairs
- Paper and pencil
- Sewing kit
- Medical dropper
- Snap-off wrench tool of household gas and water
- White tape
- Plastic sheeting
- Map of your area to locate shelters
- Spare-cell phone battery

FIRST-AID KIT
- Assemble a first aid kit for your home and one for each car. Prepared kit will simplify your shopping but check carefully to see if they contain everything you need. The American Red Cross recommends:
  - Twenty adhesive bandages, various sizes
  - One 5 x 9-inch sterile dressing
  - One conforming roller-gauze bandage
  - Two triangular bandages
  - Two 3 x 3-inch sterile gauze pads
  - Two 4 x 4-inch sterile gauze pads
  - One roll of adhesive tape
  - Two sterilized hand wipes or waterless alcohol-based hand sanitizer
  - Six antiseptic wipes
  - Two pairs of large medical grade nitrile gloves
  - Adhesive tape, 2-inch width
  - Anti-bacterial ointment
  - A cold pack
  - Small scissors
  - Tweezers
  - A蚕 breathing barrier such as a face piece
  - A first aid manual
  - Sunscreen