

DISASTER SUPPLIES KIT

The Town has prepared an emergency-response plan to assist its residents in the event of an emergency or disaster. To augment that plan, residents are strongly encouraged to prepare personal Disaster Supplies Kits for home, auto, boat, office, etc. that will allow you to be self-sufficient for a minimum of 3 days -- no matter where you are when an emergency or disaster strikes.

Additional information about planning and preparing for an emergency can be found on King County's website (<http://www.kingcounty.gov/prepare/prepareresponse/prepared.aspx>) and the American Red Cross website at www.redcross.org. In addition, the American Red Cross has prepackaged disaster kits, first aid kits, books, and supplies available for purchase through their online store at www.redcrossstore.org.

If you want to prepare your own disaster kit, the following are suggestions for the contents. The items listed below are a total inventory of all that you may need if your house falls down or suffers significant structural damage. Remember that in a Class 4 Emergency, 40% of the houses will fall down and an additional 25% will suffer structural damage (e.g. think of the aftermath of Hurricane Katrina and recent earthquakes).

WATER

One gallon of water per person per day stored in nonbreakable, nondegrading containers, e.g. soft-drink bottles

FOOD

Ready-to-eat canned meats, fruits, and vegetables

Soups - Bouillon cubes or dried soups in a cup

Milk, powdered or canned

Stress foods - sugar cookies or hard candy

Staples - sugar, salt, pepper stored in waterproof containers

Juices - canned, powdered or crystallized

Meats - smoked or preserved, e.g. beef jerky

Vitamins

High-energy foods - peanut butter, nuts, trail mix, etc.

NON-PRESCRIPTION MEDICATIONS

Aspirin or non-aspirin pain reliever

Antacid

Laxative

Rubbing alcohol

Activated charcoal
Anti-diarrhea medication
Emetic, e.g. ipecac, to induce vomiting
Eye wash
Antiseptic or hydrogen peroxide

FIRST-AID KIT: It is best to buy a preassembled kit from a store such as [REI](#) or online at the [American Red Cross](#) because it will include most of the items that you need. Better yet, buy two -- one for your home and another for your auto. You may wish to add:

2" sterile gauze pads (8-12)
3" sterile gauze pads (8-12)
2-inch and 3-inch sterile roller bandages (3)
Triangular bandages (3)
Needle
Antiseptic spray
Tongue depressors and wooden applicator sticks
Non-breakable thermometer
Tube of petroleum jelly or other lubricant
Cleaning agent, e.g. soap

TOOLS AND SUPPLIES

Family emergency-preparedness plan
Flashlight and extra batteries
Battery-operated radio and extra batteries
Paper cups, plates, and plastic utensils
Cash or travelers checks
Fire extinguisher, small canister ABC type
Pliers
Aluminum Foil
Non-electric can opener or utility knife
Shut-off wrench for gas and water
Tape
Matches in a waterproof container
Plastic sheeting
Paper and pencil
Whistle
Dust mask and work gloves
Plastic Storage containers
Backpacking tent or tube tent
Medicine dropper

SANITATION

Toilet paper, towelettes

Disinfectant
Feminine supplies
Plastic garbage bags and ties
Plastic bucket with tight lid
Soap and liquid detergent
Personal hygiene items
Small shovel, to dig latrine
Household chlorine bleach

CLOTHES AND BEDDING

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

IMPORTANT FAMILY DOCUMENTS: Store these in a waterproof, portable container.

Will, insurance policies, contracts, deeds, stocks and bonds
Passport
Social security numbers
Immunization records
Credit account numbers and companies
Bank account numbers
Inventory of valuable household goods
Important telephone numbers
Family records (birth, marriage, death certificates)

SPECIALTY ITEMS

For Baby-

Formula
Diapers
Bottles
Powdered Milk
Medications

For Adults-

Heart and high-blood-pressure medication
Other prescription drugs, Insulin
Contact lenses and supplies
Denture needs

Entertainment-
Games for children
Books for adults