

RECOMMENDATIONS FOR RESIDENT EMERGENCY SUPPLIES

1. Go Kit:
 - a. This is an “easy to carry” supply kit should you need to evacuate permanently
 - b. The best carrying case is a backpack. Have a list of additional “last-minute” things to take such as medications, glasses, money, etc.
 - c. Consider getting an inexpensive stroller or cart for carrying supplies should your car not be accessible or roads not usable.
 - d. See exhibits on what a “go kit” should contain
2. Shelter in-place kit
 - a. WATER. At least one gallon per day per person and pet for at least two weeks.
 - i. Consider a 3 part water plan, such as Daltrex water packs (at least 18 per person); Polycarbonate heavy-duty plastic water bottles (don’t skimp on price on this one as flimsy containers can break easily should things fall on them); and Seychelle water bottles that have an ionic filter that removes 99.9% of contaminants and works for 150 fillings.
 - b. FOOD
 - i. Non-perishable, easy to prepare foods (think about things like minute rice on hand, even if you don’t usually cook with it
 - ii. Crackers and peanut butter
 - iii. Protein bars, dried fruit and canned foods
 - iv. Freeze dried foods
 - v. Comfort foods
 - vi. Food should be low sodium and low sugar (you don’t want to eat salted food or you will use up the water supply to quench your thirst.
 - c. Communications
 - i. Quality wind-up NOAA radio with flashlight and whistle with compass
 - ii. Cell phone with charger
 - d. Light source
 - i. Headlamps that rotate
 - ii. 12 hour snap lights
 1. Red to indicate emergency
 2. Green for basic light source
 - iii. Flashlight with extra batteries and/or a disposable flashlight
 - e. Heat source

- i. Extra blankets
 - ii. Mylar blankets
 - iii. Hand and foot warmers
 - iv. Duct tape and plastic to seal off rooms
- f. Cooking source
 - i. Consider purchasing an indoor/outdoor cooking stove
- g. Sanitation source
 - i. Three 5 gallon buckets will be provided by the association (note: it is important to keep liquid and solid waste separate)
 - ii. infectious waste bags
 - iii. Toilet paper
 - iv. Plastic sealable bags of various sizes
- h. First aid Kit
 - i. Band Aids
 - ii. Sterile gauze and compresses
 - iii. Oral or rectal thermometer
 - iv. Disinfectant
 - v. Tape
 - vi. Sling
 - vii. Antibiotic cream or ointment
 - viii. Ibuprofen, naproxen, aspirin or acetaminophen
- i. Car kit
 - i. Datrex water pouches
 - ii. 3600 calorie food bars
 - iii. Protein bars
 - iv. Snap light sticks (12 hr.) – both red and green
 - v. A little money in small bills
 - vi. Poncho
 - vii. Mylar blanket
 - viii. Hand/foot warmers
 - ix. All-purpose knife
 - x. Keep a few things in the glove compartment such as water or food bar for use if you can't get to the access to the trunk.