

Not knowing how much room individuals have for these items, it is difficult to determine what a three-day kit should include; a 24-hour kit should include; and a vehicle kit should include. Anyone looking at this list can decide what they want for three days, 24 hours, 72 hours and a vehicle list depending on the available space, degree of concern and personal situation. A list would, for example, be different for a retired couple who is generally home most of the time as opposed to a working couple with kids who are spread to the four winds. A family with a motor home, trailer or are camping types would have different needs than a family who is not equipped for or interested in camping.

**** Review after every event or at least every six months****

Family Disaster Kit

One way to prepare ahead of time for a disaster is to assemble a family disaster kit. This kit should contain six basics -- water, food, first aid supplies, clothing and bedding, tools and special items. Keep items you would need during an evacuation in an easy-to-carry container such as a large, covered trash can, a camping backpack or a duffel bag. Following is a list of suggested supplies for the kit.

Water - Store water in plastic containers such as soft drink 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 two 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 one gallon of water per person per day (two quarts for drinking, two for food preparation and sanitation).
- ✓ Keep at least a three-day supply of water for each person in your household. Also, keep a supply of water purifying agents in the kit. I also keep a few of my favorite Dr. Peppers in it also. I hate caffeine headaches.

Food - Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, cooking or preparation. Don't forget to pack a can opener.

- ✓ I personally like the easy to use dried backpacker meals. Just add water and they are ready.
- ✓ Milk -- powdered or canned
- ✓ Canned meats, fruits and vegetables. Tyson has a package or ready to eat chicken that is great.
- ✓ Soups --"soups in a cup" Remember those from your college days?
- ✓ High energy foods -- peanut butter, jelly, crackers, nuts, health food bars, trail mix
- ✓ Vitamins
- ✓ Staples -- sugar, salt, pepper
- ✓ Stress foods -- sugar cookies, hard candy, sweetened cereals and my favorite M&M's.

First Aid Kit - You should have at least two first aid kits -- one for your home and one for each car you drive. A basic first aid kit should include:

- Sterile adhesive bandages
- 3-inch sterile gauze pads (8-12)
- Triangular bandages (3)
- 2-inch sterile roller bandages (3 rolls)
- Needle
- Bar of soap
- Moist towelettes (8-10 packages)
- 2-inch sterile gauze pads (8-12)
- Adhesive tape
- Scissors
- Tweezers
- Safety razor blade
- Thermometer
- Tongue depressor
- Petroleum jelly
- Safety pins
- Latex gloves
- Non-prescription pain relievers
- Anti-diarrhea medication
- Antacids
- Laxatives
- Rubbing alcohol
- Sunscreen
- Antiseptic spray

Clothing and Bedding - Include at least one change of clothing and footwear per person, as well as these items:

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

Tools and Supplies

- Mess kits or paper cups, plates and plastic utensils
- Battery-operated radio and extra batteries
- Cash or traveler's checks, change
- Flashlight and extra batteries
- Utility knife
- My Multi tool goes everywhere.
- Pliers
- Tape
- Compass

Matches in waterproof container
Plastic storage containers
Paper, pencil
Needle, thread
Shut-off wrench, to turn off water, gas
Whistle
Plastic sheeting
Map of the area (for locating shelters)
Toilet paper!
Towels
Soap or liquid detergent
Personal hygiene items

Other items to consider packing are: a small ABC type fire extinguisher, a tent, plastic garbage bags and ties, a small shovel, a small plastic bucket with a tight fitting lid, disinfectant and household chlorine bleach.

Special Items - Remember family members with special needs such as infants and those with disabilities:

For Baby

Formula
Bottles
Medications
Diapers
Powdered Milk

For Adults

Special medications
Denture needs
Extra eye glasses
Contact lenses and supplies
Also consider packing small games for children and books for adults.

Copies of important family documents should be packed in a waterproof, portable container. These papers include:

Wills, insurance policies, contracts, deeds, stocks and bonds
Passports, social security cards, immunization records
Inventory of valuable household goods, important telephone numbers
Family records (birth, marriage certificates)

Store your kit in a convenient place known to all family members. Keep a smaller version in the trunk of your car (excluding the family documents). Keep the contents in airtight plastic bags. Stored water should be changed every three months so it stays fresh and stored food should be rotated every six months. Rethink your kit and family needs at least once a year and replace batteries, update clothes, etc. Ask your doctor or pharmacist about storing prescription medications.

POWER - I love the new lithium batteries. They just keep going and going and going. You know about me and solar. Nuff said.

2 Meter Radio

- Extra Batteries
- Charger
- Mag Mount/Beam

H.T.

- H.T. Charger
- Headphones
- Pig Tails
- Connectors
- Extra Coax-50'
- 75' Lengths-Several Runs

Tool Kit

- Car Battery
- Battery Cables
- Halogen Lights Vehicle or Tripod mount
- 12V Soldering Iron or
- Butane soldering torch
- Solder
- Screws
- Bolts
- Pliers
- Wrenches
- Sharp Knife
- Hatchet
- Gerber or Leatherman Tool
- Hose Clamps
- Wire Tie Wraps
- Hammer
- Duct Tape
- Electrical Tape
- Vis Queen
- Flares
- Shovel
- Cordless Drill, Bits
- Siphon Hose
- Hand or 12v Air Pump
- Tubeless Tire Repair Kit
- Wrench Set
- Screw Driver Set
- Needle Nose Pliers
- Vice Grips

- Ice Pick
- Tape Measure
- Crescent Wrench
- Assorted Solder Connectors
- Wire Nuts
- Extension Cords
- Surge Protector Tap A Lines
- Rope
- 200' Light Weight String
- 100' Yellow Nylon Rope
- 100' Contractors
- Hunter Orange nylon safety tape

WARNING - DO NOT USE OPEN FLAME IN CLOSED AREA WHERE OXYGEN CONSUMPTION WOULD BE HAZARDOUS. (TO INCLUDE COLEMAN LANTERNS) OR IN ANY AREA WHERE GAS MAY BE PRESENT!)

Shelter

- Food
- Water - 3 Gallons per Person per Day,
- Drinking Water - 1 Gal. per Person Per Day
- Household Bleach - 1 Tablespoon per Gallon in a Spray Bottle for Disinfectant.
- Windex is a good disinfectant.
- Clothes
- Personal hygiene items

Basic suggested equipment for all operations

- Identification Badges
- Table(s)
- Chair(s)
- Hand Can Opener
- Pens
- Paper
- Stapler
- Staples
- ARRL Message Blanks
- Flashlight
- Batteries
- Bulbs
- Head Lamp
- Batteries
- Broadcast Radio
- Extra Batteries
- Tape Recorder
- Tapes
- Extra Batteries

- ___ Antenna
- ___ Binoculars
- ___ Assorted Rags
- ___ Paper Towels
- ___ Towels
- ___ Bug Spray - Airborne Insect Spray
- ___ RAID
- ___ Assorted Zip locks
- ___ Medications
- ___ Toilet Paper
- ___ Bucket With Tight Lid For Emergency Port-a-Potty

HF Radios

- ___ 12v Power Supply
- ___ Antennas
- ___ Extra Wire
- ___ Antenna Support
- ___ Ground Rods
- ___ CW Key
- ___ Extra Barrel Connectors
- ___ Extra Coax Connectors

Cellular Phone

- ___ Charger
- ___ Power Supply
- ___ Cellular Yagi

Generator

My Honda 1000 Goes everywhere at 29 pounds I love it!

- ___ Small Fire Extinguisher to stay at generator
- ___ Fuel
- ___ Oil
- ___ Spark Plug
- ___ Butane Lighters
- ___ Candles
- ___ Wooden Matches in Water Proof Container
- ___ Can to burn a Candle
- ___ Glass Jar Candles
- ___ Small Fire Extinguisher
- ___ Lantern
- ___ fuel
- ___ wick
- ___ Heater
- ___ Coffee can
- ___ Denatured alcohol
- ___ Fire Extinguisher

___ Portable Smoke Alarm

___ Extra Battery

___ Don't forget the Fire Extinguisher