



DODGE COUNTY EMERGENCY MANAGEMENT

Prevention - Preparedness - Mitigation - Response - Recovery

Disaster Supplies Kit Checklist

After a disaster, help may not reach everyone right away. The best way to protect your family is to prepare before disaster strikes.

Disasters can happen at any time, and you may need to survive on your own for three days or more. A Disaster Supplies Kit gathers the essential items your household will need during an emergency in one easy-to-access location.

Keep your kit in a container that is easy to carry, make sure all family members know where it is, and review and update it at least once a year. Rotate food and water every six months, and adjust your kit as your household changes.

Use the following sections to assemble a kit tailored to your family's needs.

WATER

Water is essential. Stocking enough should be a top priority. A normally active person needs at least two quarts of water per day. As a guideline, store one gallon of water per person per day—half for drinking, half for food preparation and sanitation.

Here are some tips for storing water:

- Use sturdy plastic containers, such as soft drink bottles.
- Avoid containers that break or decompose, like glass bottles or milk cartons.
- Rinse containers with a diluted bleach solution (1 part bleach to 10 parts water) before filling.
- Seal containers tightly and label them with the date they were filled.
- Replace stored water every six months.
- Keep your water in a cool, dark place to slow bacterial growth and prevent plastic from degrading.
- Consider extra water for infants, pets, or anyone with medical needs.

FOOD

If activity is reduced, individuals can survive on half their usual food intake for an extended period. Choose non-perishable foods that require no refrigeration, minimal preparation, and little or no water. Opt for items that are compact and lightweight, and don't forget a manual can opener. Replace your food every six months to keep it fresh.

Food ideas for your disaster kit:

- Ready-to-eat canned goods: meats, fruits, vegetables, soups, juices
- Staples and seasonings: sugar, salt, and pepper
- High-energy foods: peanut butter, jelly, crackers, granola bars, trail mix
- Vitamins
- Special dietary needs: food for infants, elderly, or those with medical diets.
- Comfort and stress foods: candy, cookies, instant coffee, or other familiar treats.
- Pets: extra food, water, and any necessary supplies for animals.

FIRST AID KIT

Prepare a first aid kit for your home and for your car. Each kit should include:

- Bandages & dressings: sterile adhesive bandages and sterile gauze pads (various sizes), hypoallergenic adhesive tape, roller bandages (various sizes), safety pins.
- Tools: Tweezers, scissors, thermometer, latex gloves, CPR mask
- Cleaning & antiseptic: moistened towelettes, antiseptic, soap, or cleansing agent
- Medications: aspirin or other pain relievers, anti-diarrhea medication, antacid, laxative
- Protection & other essentials: sunscreen, aloe gel or burn cream, cold packs, instant heat packs.
- Personal prescriptions: extra doses of any critical medications for pets and family members
- Medical Information: list of allergies, medications, and emergency contacts
- Instruction manual: basic first aid guide for reference in any emergency.

TOOLS AND SUPPLIES

- Paper plates, cups, plastic utensils or a mess kit (compact set of cookware)
- Battery or hand-crank radio with extra batteries.
- Battery or hand-crank flashlight with extra batteries
- Matches in waterproof container
- Wrench, pliers, hammer, utility knife
- Paper, pen, pencil, map of area
- Plastic bucket with tight lid.
- Personal hygiene items - toilet paper, towelettes, feminine hygiene
- Cleaning agents - soaps, bleach, disinfectant
- Plastic garbage bags
- Extra cash

CLOTHING AND BEDDING

Be sure to include at least one complete change of clothing and footwear per person.

Consider adding:

- Sturdy shoes or work boots
- Rain gear (coat, poncho)
- Blankets or sleeping bags
- Hats & Gloves
- Thermal Underwear or warm layers
- Sunglasses, scarfs, bandanas
- Extra socks & underwear
- Lightweight layers for hot weather

SPECIAL ITEMS

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

For Infants:

- Formula, diapers, bottles, powdered milk, and medications.

For Adults:

- Prescription medications, eyeglasses, contact lenses and supplies, denture needs.

Entertainment & Comfort:

- Games, books, or other small items to help reduce stress.

Important family documents:

Keep these in a portable, waterproof container:

- Wills, insurance policies, deeds, contracts, stocks and bonds.
- Passports, Social Security cards, immunization records
- Credit card and banking information
- Inventory of household goods
- Important phone numbers
- Family records

Consider scanning or photographing these documents and storing them on a USB drive or cloud service. Keep the USB in your waterproof container or another safe, accessible location.