

**SUGGESTED ITEMS FOR YOUR DISASTER SUPPLY KIT**

<b>FIRST AID SUPPLIES</b>	<b>HOME (x)</b>	<b>WORK (x)</b>	<b>VEHICLE (x)</b>
Adhesive bandages, various sizes			
Sterile dressings			
Gauze bandages			
Triangular bandages			
Germicidal hand wipes or waterless, alcohol-based hand sanitizer			
Antiseptic wipes			
Non-latex gloves			
Tongue depressor blades			
2" adhesive tape			
Antibacterial ointment			
Cold pack			
Scissors (small, personal)			
Tweezers			
Assorted sizes of safety pins			
Cotton balls			
Thermometer			
Petroleum jelly or other lubricant			
Sunscreen			
CPR breathing barrier, such as a face shield			
First aid manual			
<b>MEDICINES</b>			
Aspirin and non-aspirin pain reliever			
Anti-diarrhea medication			
Antacid			
Laxative			
Vitamins			
Prescriptions			
Extra eyeglasses/contact lenses			
<b>SANITATION AND HYGIENE SUPPLIES</b>			
Washcloth and towel			
Towelettes, soap, hand sanitizer			
Tooth paste, toothbrushes			
Shampoo, comb, and brush			
Deodorant			
Razor, shaving cream			
Lip balm, insect repellent			
Contact lens solutions			

**SUGGESTED ITEMS FOR YOUR DISASTER SUPPLY KIT cont.**



Toilet paper			
Mirror			
Feminine supplies			
Heavy-duty plastic garbage bags and ties for personal sanitation uses			
Medium-sized plastic bucket with tight lid			
Disinfectant and chlorine bleach			
A small shovel for digging a latrine			
<b>EQUIPMENT and TOOLS</b>			
Portable, battery-powered radio			
Flashlight			
Extra batteries			
Waterproof matches			
Misc. hand tools			
Duct tape and scissors			
Plastic sheeting			
Whistle			
ABC-type fire extinguisher			
Compass			
Tent			
Work gloves			
Paper, pens, and pencils			
Sewing supplies			
<b>KITCHEN ITEMS</b>			
Manual can opener			
Paper cups, plates, and utensils			
All-purpose knife			
Sugar, salt, pepper			
Aluminum foil and plastic wrap			
Resealable plastic bags			
Small cooking stove and cooking fuel			
<b>COMFORT ITEMS</b>			
Games, cards, books, puzzles, etc.			
Toys for kids			
<b>PETS</b>			
Pet food			
Toys			
Leash			
Bags for waste			
Medicine			