
Supply list

From the Department of Homeland Security

<http://www.ready.gov/america/getakit/index.html>

Recommended items to include in a Basic Emergency Supply Kit

- Water, one gallon of water per person per day for at least three days, for drinking and sanitation
- Food, store at least a three day supply of non-perishable food
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Can opener for food
- Local maps
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries
- Flashlight and extra batteries
- Whistle to signal for help
- Sterile gloves (Non-latex if you are allergic to latex)
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes to disinfect
- Antibiotic ointment to prevent infection
- Burn ointment to prevent infection
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminant
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers, you should periodically rotate medicines to account for expiration dates
- Prescribed medical supplies

Additional items to consider adding to an Emergency Supply Kit

- Glasses
- Infant formula and diapers
- Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Emergency reference material such as a first aid book or information from www.ready.gov

**If you have any questions or concerns, please call Cook Children's Home Health at (800) 747-8242.
A nurse is available 24 hours a day.**

- Sleeping bag or warm blanket for each person, consider additional bedding if you live in a cold-weather climate
- Complete change of clothing including a long sleeved shirt, long pants, and sturdy shoes, consider additional clothing if you live in a cold-weather climate
- Household chlorine bleach and medicine dropper (when diluted nine parts water to one part bleach, bleach can be used as a disinfectant, or in an emergency you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaner
- Fire extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles, or other activities for children

Emergency Supply Kits for purchase

Emergency Preparedness Service

<http://www.emprep.com/>

1(888) 626-0889 (206) 762-0889

Homeland Preparedness

<http://www.homelandpreparedness.com/>

1(800) 350-1489

Emergency Essentials

<http://beprepared.com/Default.asp>

1(800) 999-1863

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