

Disaster/Emergency Kit Contents

(For 2 people for about three days)

Please think of your families' needs as you build your kit.

- 1 Camp Stove (could use empty metal coffee can with holes)
 - 2 Cans Sterno (Canned Heat)
 - 6 Books Regular Matches and also water proof matches
 - 1 Roll Duct Tape
 - 1 Knife-(Pocket or Utility)
 - 1 Can Opener-manual
 - 1 Punch Can Opener
 - 1 (8 oz.) Bottle Contact Lens Saline (irrigates to clean wound)
 - 1 Bottle Hand Sanitizer
 - 6 Pair Rubber Gloves (in a Ziploc bag)
 - 4 Light Sticks
 - 2 Emergency Solar Blankets
 - 1 **Flashlight (good quality)** (with proper size batteries-stored separately-and extra batteries) or shake'n'light

 - 12 Hand/Foot Warmers
 - 6 Heavy Duty Plastic Bags (trash bags)
 - 1 Roll toilet paper
 - 2 Combs
 - 1 Tube Tooth Paste
 - 2 Toothbrushes

 - First Aid Kit
 - 12 Knuckle Band-Aids
 - 12 Regular Band-Aids
 - 6 Telfa Pads- 4 X 4
 - 1 Roll Medical/Adhesive Tape
 - 12 Packets Antibiotic Ointment
 - 3 Burn Gel Packets
 - 12 Wound Wipes (Povidone-Iodine)
 - 2 Rolls Stretch Gauze
 - 1 Each Scissors & Tweezers
 - 6 Sanitary Napkins (in a Ziploc bag) (can be used for large wound dressing)
 - 1 Bottle Each Buffered Aspirin & Non Aspirin
 - 2 Instant Ice Compresses

 - 1 Mess Kit (18 Paper Plates, 18 Each Plastic Forks, Spoons, Knives, 18 Disposable Drinking Cups)
 - 1 Packet with important papers, phone numbers, cash, etc.
- Note* → In what do you store these supplies? Consider a 5 gallon bucket which can also be used as toilet-- if necessary!

Remember water, food, medicine and also the needs of your pet(s).

Additional information: *New Madrid County HEALTH DEPARTMENT*
573-748-5541

To order: ARE YOU READY? www.ready.gov 1-800-be-ready

Note: Very Good & USEFUL PUBLICATION

"ARE YOU READY" An In-depth Guide to Citizen Preparedness
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