

Emergency Preparedness Supplies List

Based on the Colorado Emergency Preparedness Supplies Calculator, but uses the 2 week duration they say is required for flu pandemic. Items in red were changed or added based on other reference, to make a more complete list.

Recommended Supplies to Include in a 2 Week Emergency Preparedness Kit (per person for food/water):

Food and Water

- Water — 48 gallons of water for drinking and sanitation
- Food:
 - Grains: 384 ounces
 - Veggies: 144 cups
 - Fruits: 96 cups
 - Milk: 144 cups
 - Meat / Beans: 312 ounces
- Food Suggestions — at least 2 week supply of familiar, nutritious, non-perishable food that you would eat normally. Strange food you do not like increases stress.
 - Ready-to-eat canned meats
 - Canned fruits and vegetables
 - Canned or boxed soups
 - Canned or boxed juices
 - Canned nuts
 - Cereal
 - Pasta
 - Staples (salt, sugar, pepper, spices etc.)
 - High-energy foods such as protein bars, calorie-packed snack bars and peanut butter
 - Packaged non-perishable milk or soymilk, or powdered milk
 - Comfort/stress foods (candy, coffee/tea bags, etc.) Not alcohol.
 - Foods for persons on special diets
 - Vitamins
 - Baby formula, food, bottles, etc.
 - Pet food

Tools and Other Items

- Cell phone w/charger
- Multi-tool
- Ham radio and batteries
- Battery-powered radio and extra batteries
- Flashlight and extra batteries
- Whistle or signal flare to signal for help
- Wrench or pliers to turn off utilities; screwdriver

- Shovel
- Work gloves
- Matches in a waterproof container
- Canister, A-B-C-type fire extinguisher (2 minimum)
- Plastic sheeting (buy the large roll at the hardware store) and duct tape to shelter-in-place
- Lighter fluid
- Utility knife
- Local map

Kitchen Items

- Manual can opener for food (~~if kit contains canned food~~)
- Garbage bags and plastic ties
- Liquid detergent/ dishwashing detergent
- Mess kits, paper cups, plates and plastic utensils, paper towels
- All-purpose knife
- Aluminum foil and plastic wrap
- Camping stove and cooking fuel
- Zip lock gallon size storage bags, food storage containers.

Sanitation and Hygiene

- Soap and ~~or~~ liquid hand sanitizer
- Laundry detergent
- Moist towelettes
- Toilet paper
- Paper towels and tissues
- Tooth paste/brush
- Feminine supplies and personal hygiene items
- 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 cleaners. Bleach must be fresh, less than a year old.
- Baby items including diapers, wipes, etc

Clothing and Bedding

- Warm clothing (jacket or coat, long sleeve shirt, sturdy shoes, hat and gloves)
- Sleeping bag or warm blanket for each person
- Additional bedding
- Rain gear
- Sun glasses

Personal Items

- Prescription medications and eyeglasses/~~contacts with cleaner~~
- Important family documents such as copies of insurance policies, ~~birth certificates,~~ ~~marriage licenses,~~ ~~passports,~~ ~~deeds,~~ ~~other licenses (like nursing etc.),~~ identification, bank account records, ~~passwords,~~ and family telephone numbers in a waterproof, portable container
- ~~Contact list w/phone #s for key medical providers, school, work, family friends,~~ ~~neighbors, safe houses on your get home route.~~
- ~~Flash drive with a digital copies of everything in the above bullet, plus copies of all pictures, and other files of importance to you.~~
- ~~Cash or traveler's checks and change~~ ,enough that you can pay cash for everything including hotel rooms etc., for at least a week.
- Paper and pen
- Books, ~~laptops,~~ ~~e-readers (with chargers),~~ ~~toys for children,~~ games puzzles and other activities

First Aid Kit Essentials

- First aid manual
- First aid kit
- Sterile adhesive bandages in assorted sizes
- Antiseptic/Isopropyl alcohol/hydrogen peroxide
- Antibiotic ointment
- Cotton balls
- Scissors and tweezers
- Thermometer
- Sunscreen
- Prescription Medications
- Non-prescription pain reliever

Pandemic Supplies

- Surgical gloves
- N-95 masks
- Booties
- Face shield
- Disposable coveralls with hood
- Eye dropper
- Drinks with electrolytes
- Pain, fever, cough medicines
- Liquid medicines for children
- Rubber gloves for cleaning

Food Storage Tips

- Keep food in a dry, cool spot — a dark area if possible.
- Keep food covered at all times using plastic or metal containers or plastic bags.
- Open food boxes or cans carefully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags, and keep them in tight containers.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or air-tight cans to protect them from pests.
- Inspect all food for signs of spoilage before use.
- Use foods before they go bad, and replace them with fresh supplies, dated with ink or marker. Place new items at the back of the storage area and older ones in front.

Nutrition Tips

During and right after a disaster, it will be vital that you maintain your strength. So remember:

- Eat at least one well-balanced meal each day.
- Drink enough liquid to enable your body to function properly (two quarts a day).
- Take in enough calories to enable you to do any necessary work.
- Include vitamin, mineral and protein supplements in your stockpile to assure adequate nutrition.