

Emergency Preparedness Month

This week's bulletin centers on Emergency Supply Kits. As Coast Guard Auxiliary members in ISR, we have standard recommendations for our "go kits" (if you need the list for this, email me at donnacole@optonline.net and I'll send it to you).

But we don't always think to prepare an Emergency Supply Kit for our families in case of disaster. Listed below are some items to consider including in such a kit.

Emergency Supply Kit

Essential 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 (this can expire, so make sure your supply stays current)
- Food, at least a three-day supply of non-perishable food
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries for both (crank is best; make sure batteries are fresh)
- Flashlight and extra batteries (crank is best, make sure batteries are fresh)
- First aid kit (check contents, commercial kits sometimes contain nothing more sophisticated than band-aids!)
- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towels, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities. Multi-tool device is a great choice
- Can opener for food (if kit contains canned food)
- Local maps
- Cell phone with chargers
- Prescription medications and glasses
- Feminine supplies and personal hygiene items

Additional Items to Consider Adding to an Emergency Supply Kit:

- 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, phone numbers or information from www.ready.gov
- 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 cleaners.
- Fire Extinguisher
- Matches in a waterproof container

- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children

Although we are not in the business of advocating particular brands or products, these kits are good examples of what to include in an emergency supply kit.

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

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

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

Essentials Emergency Disaster Preparedness Survival Kit for Earthquakes, Fires, Floods, Hurricanes:

<http://www.upstorm.com/deals/product/essentials-emergency-disaster-preparedness-survival-kit-for-earthquakes-fires-floods-hurricanes-B000MOGZGM>

Also, see FEMA's website for other information on Emergency Supply Kits:

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

Stay knowledgeable, stay safe, stay Semper Paratus!