

## Disaster Supplies Kit Shopping List

Stock a minimum of three days worth of supplies. For more information visit the Emergency Management Department at [www.hooksett.org](http://www.hooksett.org) or [www.Ready.gov](http://www.Ready.gov).

### Water

- Three gallons of water per person plus water for pets

### High Energy Foods

- |   |   |                                       |
|---|---|---------------------------------------|
| <input type="checkbox"/> Salt-free Crackers | <input type="checkbox"/> Whole Grain Cereal | <input type="checkbox"/> Granola Bars |
| <input type="checkbox"/> Peanut Butter      | <input type="checkbox"/> Jelly              | <input type="checkbox"/> Trail Mix    |
| <input type="checkbox"/>                    | <input type="checkbox"/>                    | <input type="checkbox"/>              |

### Ready-to-eat Canned Foods

- |                                |  |                                     |
|--------------------------------|--|-------------------------------------|
| <input type="checkbox"/> Meats | <input type="checkbox"/> Fruits          | <input type="checkbox"/> Vegetables |
| <input type="checkbox"/> Juice | <input type="checkbox"/> Low-sodium Soup | <input type="checkbox"/> Milk       |
| <input type="checkbox"/>       | <input type="checkbox"/>                 | <input type="checkbox"/>            |

### Staples

- |                                |                               |                                 |
|--------------------------------|-------------------------------|---------------------------------|
| <input type="checkbox"/> Sugar | <input type="checkbox"/> Salt | <input type="checkbox"/> Pepper |
| <input type="checkbox"/>       | <input type="checkbox"/>      | <input type="checkbox"/>        |

### Specialty Needs

- |                                   |                                       |                          |
|-----------------------------------|---------------------------------------|--------------------------|
| <input type="checkbox"/> Vitamins | <input type="checkbox"/> Infant Foods | <input type="checkbox"/> |
| <input type="checkbox"/>          | <input type="checkbox"/>              | <input type="checkbox"/> |

### Comfort Foods

- |                                  |                                     |   |
|----------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Cookies | <input type="checkbox"/> Hard Candy | <input type="checkbox"/> Instant Coffee/Tea |
| <input type="checkbox"/>         | <input type="checkbox"/>            | <input type="checkbox"/>                    |

### First Aid Kit Supplies

- |  |   |
|--|---|
| <input type="checkbox"/> Sterile adhesive bandages in assorted sizes | <input type="checkbox"/> Thermometer            |
| <input type="checkbox"/> 2-inch sterile gauze pads (4-6)             | <input type="checkbox"/> Tongue blades (2)      |
| <input type="checkbox"/> 4-inch sterile gauze pads (4-6)             | <input type="checkbox"/> Tweezers               |
| <input type="checkbox"/> Hypoallergenic adhesive tape                | <input type="checkbox"/> Needle                 |
| <input type="checkbox"/> Triangular bandages (3)                     | <input type="checkbox"/> Antiseptic             |
| <input type="checkbox"/> 2-inch sterile roller bandages (3 rolls)    | <input type="checkbox"/> Moistened towelettes   |
| <input type="checkbox"/> 3-inch sterile roller bandages (3 rolls)    | <input type="checkbox"/> Cleansing agent/soap   |
| <input type="checkbox"/> Scissors                                    | <input type="checkbox"/> Latex gloves (2 pair)  |
| <input type="checkbox"/> Assorted sizes of safety pins               | <input type="checkbox"/> Sunscreen              |
| <input type="checkbox"/> Tube of petroleum jelly or other lubricant  | <input type="checkbox"/> Basic First Aid Manual |

### Non-prescription Drugs

- |   |  |
|---|--|
| <input type="checkbox"/> Aspirin or non-aspirin pain reliever   | <input type="checkbox"/> Laxative                    |
| <input type="checkbox"/> Anti-diarrhea medication   | <input type="checkbox"/> Antacid (for stomach upset) |
| <input type="checkbox"/> Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center) |  |
| <input type="checkbox"/> Activated charcoal (use if advised by the Poison Control Center)                 |  |

Sanitation Supplies

- |  |  |
|--|--|
| <input type="checkbox"/> Toilet Paper              | <input type="checkbox"/> Plastic Garbage Bags and Ties |
| <input type="checkbox"/> Soap and Liquid Detergent | <input type="checkbox"/> Plastic Bucket with Tight Lid |
| <input type="checkbox"/> Feminine Supplies         | <input type="checkbox"/> Disinfectant                  |
| <input type="checkbox"/> Personal Hygiene Items    | <input type="checkbox"/> Household Chlorine Bleach     |

Clothing and Bedding

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Jacket or Coat        | <input type="checkbox"/> Long Pants              | <input type="checkbox"/> Long Sleeve Shirt |
| <input type="checkbox"/> Sturdy Shoes or Boots | <input type="checkbox"/> Rain Gear               | <input type="checkbox"/> Thermal Underwear |
| <input type="checkbox"/> Hat                   | <input type="checkbox"/> Scarf                   | <input type="checkbox"/> Gloves            |
| <input type="checkbox"/> Sunglasses            | <input type="checkbox"/> Blanket or Sleeping Bag |  |
| <input type="checkbox"/>                       | <input type="checkbox"/>                         | <input type="checkbox"/>                   |

Tools

- |   |   |
|---|---|
| <input type="checkbox"/> Emergency preparedness manual                                      | <input type="checkbox"/> Aluminum foil    |
| <input type="checkbox"/> Mess kits or paper cups, plates and plastic utensils               | <input type="checkbox"/> Tube tent        |
| <input type="checkbox"/> Non-electric can opener, utility knife                             | <input type="checkbox"/> Needles, thread  |
| <input type="checkbox"/> Plastic storage containers   | <input type="checkbox"/> Paper, pencil    |
| <input type="checkbox"/> Fire extinguisher: small canister, ABC type                        | <input type="checkbox"/> Pliers           |
| <input type="checkbox"/> Matches in a waterproof container                                  | <input type="checkbox"/> Medicine dropper |
| <input type="checkbox"/> Shut-off wrench, to turn off household gas and water               | <input type="checkbox"/> Whistle          |
| <input type="checkbox"/> Flashlight and extra batteries                                     | <input type="checkbox"/> Compass          |
| <input type="checkbox"/> Map of the area (for locating shelters)                            | <input type="checkbox"/> Tape             |
| <input type="checkbox"/> Cash or traveler's checks, change                                  | <input type="checkbox"/> Signal flare     |
| <input type="checkbox"/> Plastic sheeting   |   |
| <input type="checkbox"/> Portable, battery-operated radio or television and extra batteries |   |

Special Items

For Baby

- Formula
- Diapers
- Bottles
- Pacifiers
- Powdered milk
- Medications
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For Adults

- Heart and high blood pressure medication
- Insulin
- Prescription drugs
- Denture needs
- Contact lenses and supplies
- Extra eye glasses
- Hearing aid batteries
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Important Family Documents

Keep these records in a waterproof, portable container.

- Will, insurance policies, contracts, deeds, stocks and bonds
- Photo IDs, passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers and company information
- Inventory of valuable household goods, important telephone numbers
- Family records (birth, marriage, death certificates)
- Photocopies of credit and identification cards