

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 or 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
-
-
-

For Adults

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

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