**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
- Salt-free Crackers
- Peanut Butter
- Whole Grain Cereal
- Jelly
- Granola Bars
- Trail Mix
- Granola Bars
- Trail Mix

### Ready-to-eat Canned Foods
- Meats
- Juice
- Fruits
- Low-sodium Soup
- Vegetables
- Milk

### Staples
- Sugar
- Salt
- Pepper

### Specialty Needs
- Vitamins
- Infant Foods

### Comfort Foods
- Cookies
- Hard Candy
- Instant Coffee/Tea

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

### Non-prescription Drugs
- Aspirin or non-aspirin pain reliever
- Anti-diarrhea medication
- Syrup of Ipecac (use to induce vomiting if advised by the Poison Control Center)
- Activated charcoal (use if advised by the Poison Control Center)
- Laxative
- Antacid (for stomach upset)
### Special Items

<table>
<thead>
<tr>
<th>For Baby</th>
<th>For Adults</th>
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</thead>
<tbody>
<tr>
<td>Formula</td>
<td>Heart and high blood pressure medication</td>
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<tr>
<td>Diapers</td>
<td>Insulin</td>
</tr>
<tr>
<td>Bottles</td>
<td>Prescription drugs</td>
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<tr>
<td>Pacifiers</td>
<td>Denture needs</td>
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<tr>
<td>Powdered milk</td>
<td>Contact lenses and supplies</td>
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<tr>
<td>Medications</td>
<td>Extra eye glasses</td>
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</tbody>
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### Important Family Documents

- 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