

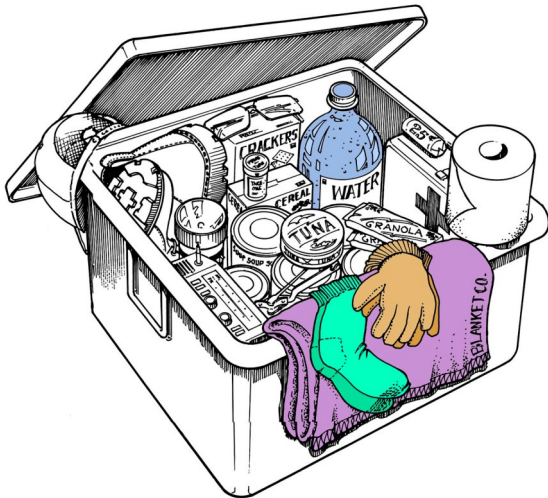
72 Hour Comfort Kits

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Emergency Preparedness—Month 2 STORING EMERGENCY SUPPLIES

Chances are you will have to rely upon supplies you have available in your home for at least the first three days following any major disaster.

Store these items in something that is portable and easily carries, like a plastic tub with a tight-fitting lid. In the event of fire or rapid evacuation, you'll appreciate having more than just the clothes on your back.



The container should be able to withstand moisture, insects, and some abuse when the emergency occurs. If you have a large family, several smaller tubs may be easier to carry than one large container.

Place items in reusable bags to protect against condensation, which causes mildew and rust.

Locate these supplies as close to your primary house exit as possible. You may have to find it in the dark or after the upheaval of an emergency.

WATER

Keep at least a three day supply of water for each person in your household. Two-liter soda pop bottles work great. That means six two-liter bottles per person.

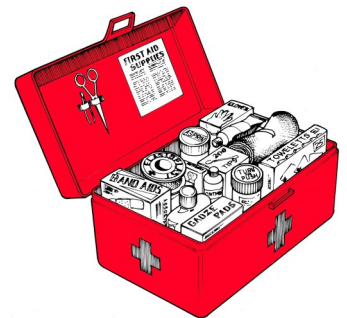
FOOD

Store at least a three day supply of non-perishable food. Select foods that require no refrigeration or cooking and little or no water.

- Canned meats, fruits and vegetables
- Canned juices and soups
- High energy foods—peanut butter, granola bars, trail mix, beef jerky
- "Comfort foods" - cookies, hard candy, etc.

FIRST AID SUPPLIES

- Sterile 4" adhesive bandages
- Sterile 4" x 4" gauze pads
- 4" rolled gauze bandages
- Large triangular bandages
- Butterfly bandages
- Adhesive tape
- Scissors & tweezers
- Moistened towelettes
- Bar soap
- Latex gloves
- Aspirin & non-aspirin pain reliever
- Antacid
- Anti-diarrhea medication
- Insect repellent
- Hydrogen peroxide to disinfect wounds
- Antibiotic ointment to dress wounds
- Sunscreen
- Safety pins
- Needle & thread
- Reusable bags
- Sanitary pads
- Instant cold packs
- Pocket knife



Use a film canister to store an extra pair of latex gloves in the car glove compartment





TOOLS & SUPPLIES

- Paper cups, plates & plastic utensils
- Battery operated AM radio
- Extra batteries
- Flashlight
- Non-electric can opener
- ABC fire extinguisher
- Whistle
- Toilet paper & towelettes
- Liquid soap
- Roll of plastic and duct tape to seal broken windows



Preparing for emergencies is a long term goal. To make this task manageable, choose just two or three items that you will get each month.

Month #1 items to buy

Item #1 _____

Item #2 _____

Month #2 items to buy

Item #1 _____

Item #2 _____

Month #3 items to buy

Item #1 _____

Item #2 _____

Month #4 items to buy

Item #1 _____

Item #2 _____

Month #5 items to buy

Item #1 _____

Item #2 _____

Month #6 items to buy

Item #1 _____

Item #2 _____

Plan to rotate the items in your kit annually. This includes making sure the clothes you have stored still fit.



SPECIAL ITEMS

- Extra eye glasses
- Prescription medications
- Family pictures
- Games & books
- Copies of insurance policies
- Bank account numbers
- Inventory of valuables
- Family records



CLOTHING & BEDDING

- One complete change of clothes
- Blankets or sleeping bags
- Mylar blankets
- Sturdy shoes
- Warm socks
- Hat & gloves



City of South Lake Tahoe Emergency Preparation

As part of the City's initiative to increase communications, we are offering a 12 part monthly series highlighting emergency preparedness. Use these tools to prepare yourself for an emergency event. www.cityofslt.us/emergency