



# DISASTER SUPPLY SHOPPING LIST

## KIT SUGGESTIONS FOR YOUR VEHICLE



### WATER

- 6 one-liter bottles

### FOOD

- 1 box energy bars

### FIRST AID KIT (BUY PRE-MADE OR MAKE YOUR OWN)

- 1 premade kit

If creating your own, here are some suggestions:

- 1 box latex or sterile gloves
- 2 boxes sterile dressings
- 3-4 triangular bandages
- 1 bottle wound cleaning agent
- 1 tube antibiotic cream
- 1 large box of assorted adhesive bandages
- 2 large bottles of eye wash (saline solution)
- 6 1-gallon zipper bags
- 1 large box facial tissues

### OTHER ITEMS

- 1 small hand tool kit
- 1 set jumper cables
- 3 - 5 flares
- 1 battery powered or hand-cranked radio
- 1 flashlight

- 6 flashlight batteries (store outside of flashlight)
- 1 whistle
- 1 bag of moist towelettes
- 1 roll toilet paper
- 1 set local maps
- 1 warm blanket or sleeping bag
- 2 notepads
- 6 pencils
- Insurance and registration information
- 1 roll of quarters for pay phone
- Copy of communication plan/contact information
- Other items:
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