



# DISASTER SUPPLY SHOPPING LIST

## SINGLE ADULT KIT SUGGESTIONS



### WATER (ENOUGH WATER FOR AT LEAST 3 DAYS)

- 3-6 one-gallon jugs of water
- 1 case bottled water (1 liter bottles)

### FOOD (ENOUGH FOOD FOR 3 DAYS)

- 6 energy bars
- 1 box dry cereal or granola
- 1 large box raisins or other dried fruit
- 3-5 packages instant (ramen) noodles
- 1 carton non-perishable pasteurized milk
- 1 box crackers
- 1 jar jam or jelly
- 1 jar peanut butter
- Various non-perishable comfort food

### 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
- 1 box sterile dressings
- 3-4 triangular bandages
- 1 bottle wound cleaning agent
- 1 tube antibiotic cream
- 1 large box of assorted adhesive bandages
- 1 small bottle of eye wash (saline solution)
- Extra lenses or prescription glasses
- 1 bottle of Tylenol or ibuprofen
- 1 non-breakable thermometer
- 6 1-gallon zipper bags
- 1 large box facial tissues

### OTHER ITEMS

- 1 manual can opener
- 1 mess kit set (cups, plates, utensils, paper towels)
- 1 dust mask
- 1 battery powered or hand-cranked radio

- 1 battery powered weather radio
- 1 flashlight
- 1 box of 12 9-volt batteries
- 1 box of 12 D-cell batteries
- 1 box of 12 C-cell batteries
- 1 box of 24 AA-cell batteries
- 1 box of 24 AAA-cell batteries
- Extra batteries for medical needs as needed
- 1 whistle
- 1 small fire extinguisher
- 1 box waterproof matches (in a container)
- 1 box large garbage bags
- 1 wrench or pliers (to turn off utilities)
- 1 set plastic ties
- 1 bag of moist towelettes
- 2 rolls toilet paper
- 1 toothbrush
- 1 tube toothpaste
- 1 deodorant stick/roll-on
- Water purification tablets
- 1 bottle household bleach and 1 medicine dropper  
(When diluted 9 parts water to one part bleach, it can be used as a disinfectant immediately. Or, in an emergency you can use bleach to treat water to make it drinkable by using 16 drops of bleach per gallon of water; mix and let sit at least 30 minutes)
- 1 roll duct tape
- 1 set local maps
- 1 box sanitary napkins/tampons
- 1 warm blanket or sleeping bag
- 1 notepad
- 2 pencils
- 1 storage bin or box
- Assorted denominations of cash (\$1's, \$5's)
- Books/games/magazines
- Other items:
  - \_\_\_\_\_
  - \_\_\_\_\_

### CHANGE OF CLOTHES

- 1 rain poncho
- 2 long sleeved shirt
- 2 sets undergarments
- 2 pairs long pants
- 2 pairs socks
- 1 study pair of shoes
- Other items:
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  - \_\_\_\_\_

