

**Basic Disaster Supplies List:**

Store at least a three-day supply of non-perishable food. Select foods that require no refrigeration, preparation or cooking and little or no water. If you must heat food, pack a can of sterno. Select food items that are compact and lightweight. Avoid foods that will make you thirsty. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content.

Food
<ul style="list-style-type: none"> <li>✓ Ready-to-eat canned meats, fruits and vegetables</li> <li>✓ Canned juices, milk, soup (if powdered, store extra water)</li> <li>✓ <i>*Note: Be sure to include a manual can opener.</i></li> <li>✓ Staples--sugar, salt, pepper</li> <li>✓ High energy foods--peanut butter, jelly, crackers, granola bars, trail mix</li> <li>✓ Vitamins</li> <li>✓ Foods for infants, elderly persons or persons with special dietary needs</li> <li>✓ Comfort/stress foods--cookies, hard candy, sweetened cereals, lollipops, instant coffee, tea bags</li> </ul>
Water
<p><b>How much water do I need?</b></p> <ul style="list-style-type: none"> <li>✓ You should have at least a three-day supply of water and you should store at least one gallon of water per person per day. A normally active person needs at least one-half gallon of water daily just for drinking. Additionally, in determining adequate quantities, take the following into account:</li> <li>✓ Individual needs vary, depending on age, physical condition, activity, diet, and climate.</li> <li>✓ Children, nursing mothers, and ill people need more water.</li> <li>✓ Very hot temperatures can double the amount of water needed.</li> <li>✓ A medical emergency might require additional water.</li> </ul> <p><b>How Should I Store Water?</b></p> <ul style="list-style-type: none"> <li>✓ To prepare safest and most reliable emergency supply of water, it is recommended you purchase commercially bottled water.</li> <li>✓ Keep bottled water in its original container and do not open it until you need to use it. Observe the expiration or “use by” date.</li> </ul>

### Water (cont'd)

If You are Preparing Your Own Containers of Water.

- ✓ It is recommended you purchase food-grade water storage containers from surplus or camping supplies stores to use for water storage.
- ✓ Before filling with water, thoroughly clean the containers with dishwashing soap and water, and rinse completely so there is no residual soap.
- ✓ Follow directions below on filling the container with water.
- ✓ If you choose to use your own storage containers, choose two-liter plastic soft drink bottles – not plastic jugs or cardboard containers that have had milk or fruit juice in them.
- ✓ Milk protein and fruit sugars cannot be adequately removed from these containers and provide an environment for bacterial growth when water is stored in them.
- ✓ Cardboard containers also leak easily and are not designed for long-term storage of liquids. Also, do not use glass containers, because they can break and are heavy.