



Family Disaster Preparedness Kit

Get a kit. Make a plan. Be informed.

Nebraska Emergency Management Agency and local emergency managers across the state want all Nebraskans to be as prepared as possible for potential disasters.

When disaster strikes, you may not have much time to act, so NOW is the time to prepare for an emergency.

Knowing what type of emergencies or disaster are most likely to occur in your community and having a family plan are important first steps to being prepared. Discuss and practice your plan to make sure all family members know what to do in the event of an emergency.

Contact your local emergency management agency if you need information on which type of disasters are most likely to occur in your area or if you need ideas on how to prepare.

For more information visit www.nema.nebraska.gov or bereadynebraska.gov.

Food and Water

- At least a 3-day supply of non-perishable food and a non-electric can opener. Rotate food every six months.
- Water (one gallon per person per day). Store in sealed, unbreakable containers. Identify the storage date and replace every six months.
- Canned juices
- High energy foods, i.e. peanut butter, nuts, granola, crackers, dried fruit
- Canned meats, tuna, fruits, and vegetables
- Paper plates, plastic cups, utensils, paper towels
- Pet food and extra water for pets

First Aid Kit

- 2 absorbent compress dressings (5 x 9 inches)
- 25 adhesive bandages (assorted sizes)
- Adhesive cloth tape (10 yards x 1 inch)
- 5 antibiotic ointment packets

- 5 antiseptic wipe packets
- 2 packets of aspirin (81 mg each)
- 1 blanket (space blanket)
- 1 breathing barrier (with one-way valve)
- 1 instant cold compress
- 2 pair of nonlatex gloves
- 2 hydrocortisone ointment packets
- Scissors
- 1 roller bandage (3 inches wide)
- 1 roller bandage (4 inches wide)
- 5 sterile gauze pads (3x3 inches)
- 5 sterile gauze pads (4x4 inches)
- Oral thermometer (non-mercury/nonglass)
- Tweezers
- First aid instruction booklet
- Prescription medications

Adults/Kids

- Blankets/sleeping bags
- Contact lenses/supplies
- Deodorant
- Extra change of clothing

- Extra eye glasses
- Extra underwear/socks
- Feminine supplies
- Hat
- Insect repellent
- Jacket (waterproof)
- Pillows
- Shampoo/conditioner
- Soap
- Sunscreen
- Work boots/sturdy shoes
- Sunglasses
- Toothbrush, toothpaste, dental floss, mouthwash
- Umbrellas

Baby

- Baby food/ Formula
- Blanket
- Bottles
- Diapers/wipes
- Hat
- Extra clothes
- Jacket/sweater
- Pacifier
- Powdered milk
- Socks/booties
- Sunscreen
- Toys

Other Supplies

- Batteries
- Cash (ATMs may not work)
- Compass
- Camera (to record damage)
- Duct tape
- Crowbar
- Extra set of car and house keys
- Flashlights
- Hand crank or battery-operated radio
- A map of the area
- Matches in a waterproof container
- Notebooks and pens
- Permanent markers
- Plastic sheeting
- Rope
- Small tool box (hammer, screwdriver, pliers, etc.)
- Shut-off wrench, to turn off household gas and water
- Utility knives
- Whistle (on a lanyard for each person) to signal for help
- Cell phone with charger, extra battery and solar charger

Fun and Games

Choose games that everyone can play and that don't use electricity.

- Board games, deck of cards, puzzles
- Books, magazines
- Crafts, art supplies

Sanitation

- Disinfectant
- Dust masks or cotton T-shirt to filter the air
- Household chlorine bleach and medicine dropper. When diluted nine parts water to one part bleach, bleach can be used as a disinfectant. Or in an emergency, you can use it to treat water by using 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.
- Plastic garbage bags, twist ties
- Rubber gloves
- Soap, liquid detergent
- Toilet paper, towelettes

Emergency Car Kit

- Battery powered radio, flashlight and extra batteries
- Blanket
- Booster cables
- Fire extinguisher (5 lb., A-B-C type)
- First aid kit and manual
- Bottled water and non-perishable high energy food such as granola bars, raisins and peanut butter
- Maps, Shovel, Flares
- Tire repair kit and pump

Documents

(Keep in a waterproof container)

- Contact List police, fire, poison control, family doctor, hospital, local Red Cross, Emergency Services, Emergency Family Contact; Insurance agent, Utility Company, employers, daycare, school, church, bank
- Written instructions on how to turn off electricity, gas and water in case authorities advise you to do so.
- Home Inventory List with photos and videos

Winter Items

- Blankets
- Hat
- Mittens/gloves
- Jacket
- Long pants
- Long sleeved shirts
- Long underwear
- Rock salt
- Sleeping bags
- Snow shovel
- Sweater
- Tin can or pot (for heating and melting snow)
- Towels
- Water-resistant snow boots
- Wool socks

- Place loose items in airtight plastic bags and keep these items in large easy-to carry, waterproof containers like a trash bin or plastic tub
- Label each container with your name and address
- Add last-minute items when a warning or evacuation order is issued
- Each month, check for items that you might need to add or replace. Rethink your items and family needs, especially if new medications are needed or if children have grown
- Store the kit in a safe place nearby a main exit. Tell family members where the kit is located.
- Store at least a three-day supply of water (one gallon of water per person per day).
**Rotate your water every six months so it stays fresh.

