



# 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 emer-

gency or disaster is 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 types of

disasters are most likely to occur in your area or if you need ideas on how to prepare. Nebraska's local emergency managers are listed at [www.nema.ne.gov/director-lists/directors.html](http://www.nema.ne.gov/director-lists/directors.html).

For more information visit [www.nema.nebraska.gov](http://www.nema.nebraska.gov) or [bereadynebraska.gov](http://bereadynebraska.gov).

### FOOD/WATER

- 3-day supply (or more) of non-perishable food. 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
- Fruit: canned, dried, roll-ups\
- Meats: canned or dried
- Vegetables: canned
- Powdered milk
- Soup: canned
- High-energy bars
- Paper plates, plastic cups, utensils, paper towels
- Non-electric can opener.

### BABY

- Baby food/ Formula
- Blanket
- Bottles
- Diapers/wipes
- Hat
- Extra clothes
- Milk, food, formula

- Clothes
- Disposable bottles and liners
- Blankets, sheets, bed liners
- Medications
- Portable crib
- Toys
- Jacket/sweater
- Pacifier
- Powdered milk
- Socks/booties
- Sunscreen
- Toys

### FIRST AID KIT

- First aid instruction booklet
- 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

### PERSONAL SUPPLIES

- 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, toothbrush, deodorant
- Sunscreen
- Work boots/sturdy shoes
- Sunglasses
- Toothbrush, toothpaste, dental floss, mouthwash
- Umbrellas

### PET SUPPLIES

- Pet food and extra water for pets

### CHILDREN'S SUPPLIES

- Quiet toys
- Coloring books
- Crayons markers
- Puzzles
- Books
- Table
- Extra batteries

### FUN AND GAMES

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

### 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
- Area maps
- 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

### SANITATION

- Batteries
- 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. Bleach can be used to treat water. Use 16 drops of only regular household liquid bleach per gallon of water.)
- 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)
- Toilet paper, towelettes
  - Contact list: include 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. Re-think your items and family needs, especially if new medications are needed or if children have grown
- Store the kit in a safe place near 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.