

Dear Family and Friends,

As an American Red Cross Disaster Relief volunteer, I want to share the information below that was compiled by the Red Cross. Please copy this message and put together your disaster kit if you do not already have one. You cannot anticipate what your situation might be in case of an emergency.

Speaking personally, if the people along the Gulf of Mexico who had to evacuate their homes after Katrina could have had some of the items below with them, a little bit of the awful misery I saw might have been alleviated. Many of them could not have taken many of these things with them because they did not have transportation. They were on foot. Some of the things listed here would not have been helpful to them in their plight; but if you evacuate in a car or on foot, you would want to have as many of these things as you can carry.

You may need to: establish your identity and address, that you have a bank account and a drivers license, that you have a prescription for medications, that your mother is disabled or that she lost her eyeglasses. You may need to set up a personal shelter in a field or parking lot, your car may break down, you may be hungry. Your wife may go into labor. Your father may need oxygen--Trust me, it can get really bad. You cannot handle all the problems that can arise, but please be as prepared as you can for an emergency that you never would believe could happen to you.

---

### Red Cross Preparedness Kit

*Change your stored water supply every six months so it stays fresh.  
Replace your stored food every six months.*

*Replace batteries, update clothes, etc.*

*Know how to turn off home utilities (gas, electricity, water)*

#### For your family:

1. **Food:** non-perishable; requires no water to prepare; special items for special populations (e.g., children, elderly). Include manual can opener.

- 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. Include a selection of the following foods in your Disaster Supplies Kit:
  - Ready-to-eat canned meats, fruits, and vegetables
  - Canned juices
  - Staples (salt, sugar, pepper, spices, etc.)
  - High energy foods
  - Vitamins
  - Food for infants
  - Comfort/stress foods
- 2. **Water**: store in plastic containers. Avoid using containers that will decompose or break. A normally active person needs to drink at least two quarts of water each day. Hot environments and intense physical activity can double that amount. Children, nursing mothers, and ill people will need more.
  - Store one gallon of water per person per day.
  - Keep at least a three-day supply of water per person (two quarts for drinking, two quarts for each person in your household for food preparation/sanitation).\*
- 3. **Suitcases** containing change of clothing and shoes, work boots, rain gear, hat and gloves, thermal underwear, sunglasses
- 4. **Blankets** or sleeping bags
- 5. **First aid kit**: Assemble a first aid kit for your home and one for each car. It should contain: (20) adhesive bandages, various sizes; (1) 5" x 9" sterile dressing; (1) conforming roller gauze bandage; (2) triangular bandages; (2) 3 x 3 sterile gauze pads; (2) 4 x 4 sterile gauze pads; (1) roll 3" cohesive bandage; (2) germicidal hand wipes or waterless alcohol-based hand sanitizer; (6) antiseptic wipes; (2) pair large medical grade non-latex gloves; Adhesive tape, 2" width; Anti-bacterial ointment; Cold pack; Scissors (small, personal); Tweezers; CPR breathing barrier, such as a face shield.
- 6. **Non-Prescription Drugs**
  - Aspirin or nonaspirin pain reliever
  - Anti-diarrhea medication
  - Antacid (for stomach upset)
  - Syrup of Ipecac (use to induce vomiting if advised by the [Poison Control Center](#))
  - Laxative

- Activated charcoal (use if advised by the Poison Control Center)

List of **prescribed medications** with dosages. Try to have a week's supply on hand. Ask your physician or pharmacist about storing prescription medications.

7. **Map** of your area for use if evacuation is ordered.
8. **Cash** or traveler's checks, change. ATMs will not be operating if electricity is out.
9. **Documents** such as: will, insurance policies, contracts, deeds, stocks and bonds, passports, social security cards, immunization records, bank account numbers, credit card account numbers and companies, inventory of valuable household goods, important telephone numbers, family records (birth, marriage, death certificates).
  - Keep items in airtight plastic bags. Re-think your kit and family needs at least once a year. Evacuees of Katrina were asked for proof of residence address. Copy of recent utility bill works.
10. **Sanitary supplies** such as:
  - Toilet paper, towelettes
  - Soap, liquid detergent
  - Feminine supplies
  - Personal hygiene items
  - Plastic garbage bags, ties (for personal sanitation uses)
  - Plastic bucket with tight lid
  - Disinfectant
  - Household chlorine bleach
11. **Pet** food, leash, medicine.
12. **Supplies** such as:
  - Mess kits, or paper cups, plates, and plastic utensils
  - Battery-operated radio and extra batteries
  - Flashlight and extra batteries
  - Utility knife
  - Fire extinguisher: small canister ABC type
  - Tube tent
  - Pliers
  - Tape
  - Compass
  - Matches in a waterproof container
  - Aluminum foil
  - Plastic storage containers
  - Signal flare

- Paper, pencil
  - Needles, thread
  - Medicine dropper
  - Shut-off wrench, to turn off household gas and water
  - Whistle
  - Plastic sheeting
13. **For Baby**
- Formula
  - Diapers
  - Bottles
  - Powdered milk
  - Medications

### **For Adults**

- Denture needs
- Contact lenses and supplies
- Extra eye glasses

### **Entertainment**

- Games and books