

The following information was gathered from the Virginia Department of Health and www.ready.gov to give us an idea of what belongs in a Disaster Supply Kit

Water - 1 gallon per person per day for 3 to 5 days. The suggestion is to use $\frac{1}{2}$ for drinking and the other half for sanitation and cooking.

Food - 3 to 5 day supply of food. Choose foods requiring a minimum of water, no refrigeration, preparation or cooking. You will also want to have a manual can opener. For infants - formula, baby food, diapers, wipes.

First Aid Kit - have one kit in your home and one in your car. Also remember to pack your prescription and non-prescription medications, an extra pair of eyeglasses and contact lenses.

Records & Financial Documents - cash (small bills) or traveler's checks, credit card, extra set of car keys, originals of important documents (insurance policies, identification, bank records in a safe place), list of emergency phone numbers. Place all of these items in a Ziploc bag to keep them dry.

Sanitation Supplies - toilet paper, soap, hand sanitizer, garbage bags, plastic bags with seals, 5 gallon bucket with lid, disinfectant, pre-moistened towelettes, feminine hygiene products and diapers.

Clothing and Bedding - at least one complete change of clothing, sturdy footwear, sleeping bag or 2 blankets per person.

Other Items - games, toys, books, pet supplies (food, water, carriers), comfort care items unique to infants, elderly, and disabled family members, an extra set of keys.

Survival Tools & Equipment - battery powered radio, NOAA weather radio, flashlight, extra bulbs and batteries, call letters and dial settings of your local emergency alert system stations taped on your radio and TV, wrenches, duct tape, a whistle, and utility knife, a road map, and cell phone (with car charger), dust mask, fire extinguisher, matches in a waterproof container, paper towels, paper plates, plastic utensils, paper & pencil.