

# Home Preparedness

## Home Preparedness Kit

This resource will help you assemble your own home and car preparedness kits, step-by-step, over a six-week period. If you collect the items recommended in each installment, you should have what you need for home/car preparedness by the end of the six weeks.

### **Week 1 - The Basics of Food and Water**

- Ready-to-eat canned meats, fruits and vegetables
- Energy food (peanut butter, dried fruits/nuts and power bars)
- 1 gallon water per person/day including 2 quarts for drinking, 2 quarts for food preparation/sanitation (Keep at least a 3-day supply of water stored for each person in your household.)
- Canned milk, juices and soups
- Vitamins/supplements
- Specialty foods for infants, elderly persons and pets

### **Week 2 - General Supplies**

- Flashlight with extra batteries (in water-proof bag)
- 12-hr. litesticks (purchased at local sporting goods store)
- Matches (in H<sub>2</sub>O-proof box/container)
- Candles or battery operated lamps
- Poncho
- AM/FM radio (reg. or solar) w/ extra batteries
- Rope
- Water purification tablets (purchased at local pharmacy or sporting goods store)
- Whistle
- Swiss Army knife incl. scissors/wire cutters
- Duct tape

### **Week 3 - First-Aid Medical**

- Abdominal pads, sterile 8 X 7 1/2
- Adhesive pads; 2 X 2
- Adhesive tape; 1 X 10
- Alcohol wipes; med.
- Antacid
- Antibacterial waterless soap
- Antibiotic ointment; pks.
- Antiseptic wipes
- Aspirin/non-aspirin and cold tabs
- Band Aids 3/4 X 3
- Elastic bandage; 3 X 5 yds. - non-sterile
- Eye pads
- First-Aid Handbook
- Forceps, metal
- Gauze pad; sterile 4 X 4 (2's)

- Gauze roll 3 X 5 conform stretch
- Gloves; non-sterile, latex
- Scissors, 7 1/2"
- Splints; 12" & 18"
- Tongue depressors
- Triangular bandage w/pin
- Wound cleansing agent

#### **Week 4 - Sanitation**

- Infectious waste bags
- Moist towelettes
- Toilet paper
- Waterless antibacterial soap
- Baby diapers
- Baby rash ointment
- Household chlorine bleach
- Contact lens solution
- Denture needs
- Deodorant
- Disinfectant
- Extra eyeglasses
- Personal/feminine hygiene supplies
- Heavy-duty garbage bags/ties
- Plastic buckets (with tight lids)

#### **Week 5 - Car Kit**

- Emergency food bar rations (1200-3600 cal. food bars)
- Energy food (peanut butter, dried fruits/nuts and power bars)
- 3 emergency water ration pkts. per person per day (4.227 oz./pkt.)
- Emergency blanket (solar)
- Heat packs (purchased at local sporting goods store)
- 2 12-hr. lifesticks (purchased at local sporting goods store)
- Medical module containing: ABD pads, adhesive tape, alcohol wipes, antibiotic ointment, antiseptic wipes, band aids, elastic bandage, eye pads, first-aid book, forceps, gauze rolls, non-aspirin, 7 + 1/2" scissors, splint, triangular bandage, tongue depressors

#### **Week 6 - Additional Car Items to Have on Hand**

- Sturdy shoes
- Extra change of clothing
- Warm jacket
- Sunglasses, sun visor and suntan lotion (SPF 30)