

City of Evanston Office of Emergency Preparedness

Household Disaster Kit

When organizing supplies for an emergency, remember that you may need to get to them after an emergency has turned your house into mess. Store supplies in an easy to find location that has a minimal chance of being buried under falling objects. If you are short on space, a large trash can, stored in a utility room or just inside the garage for easy access, makes an excellent storage container (if you live in an apartment, the container can be hidden under a decorative tablecloth). Emergencies can happen at any time. Are you prepared right now? Have you checked expiration dates or rotated your food and water supplies in the last six months? If not, make time on your calendar. Do it now!

Tips for Food:

You can use the canned goods, dry mixes, and other staples on your cupboard shelves. Be sure to check expiration dates and follow the practice of first-in, first-out. If purchasing food supplies, foods that require no refrigeration, water, special preparation, or cooking are best. Individuals with special diets and allergies will need particular attention, as will babies, toddlers, and the elderly. Nursing mothers may need liquid formula, in case they are unable to nurse. In an emergency, when the power is out:

1. Use perishable food from the refrigerator.
2. Use the foods from the freezer.

Try to limit the number of times you open the freezer door, in a well-filled, well-insulated freezer, foods will usually still have ice crystals in their centers (meaning foods are safe to eat) for at least two days. Check to make sure the seal on your freezer door is still in good condition.

3. Begin to use non-perishable foods and staples, then your emergency food supplies.

Tips for Water:

A normally active person needs to drink at least two quarts (half gallon) of water each day. People in hot environments, children, nursing mothers, and ill people will require even more. You will also need water for food preparation and hygiene. Store at least one gallon per person, per day. Consider storing at least a seven day supply of water for each member of your family. If you are unable to store this quantity, store as much as you can.

To prepare the safest and most reliable emergency supply of water, it is recommended that you purchase commercially bottled water.

City of Evanston Office of Emergency Preparedness

Keep bottled water in its original container, and do not open it until you need to use it. Store bottled water in the original sealed container, and observe the expiration or “use by” date.

If you are going to prepare your own water supply, it is recommended to only use food-grade water storage containers. (It is not recommended to reuse or repurpose old soda, milk or other bottles or containers.) Store water in a cool dark area.

It is recommended to use a commercially available “water preserver” which will stabilize the water for long term storage; if not using a water preserver, drain, clean and refill containers every 6 months. Always write the date you filled the water container so you can rotate as needed.

ESSENTIAL ITEMS

- Food (*minimum 5 day supply, recommended 7 to 10 day supply per person – rotate as needed*)
- Water (*minimum 5 day supply, recommended 7 to 10 day supply per person – rotate as needed*)
- Cash Money (*small denominations & coins*)
- Clothing (*a jacket or sweatshirt as well as at least two changes of clothes, including undergarments - per person*)
- Walking Shoes and Socks
- Flashlight w/batteries, or chemical Light Sticks; Matches, in waterproof container
- Small Radio (*portable battery powered - crank or solar powered preferred*)
- Extra batteries (*in various sizes for your flashlights and radio*)
- Small First Aid kit
- Prescription medication/glasses if applicable (*make sure and have at least a 10 day supply of any prescribed medicines*
 - *rotate regularly as you get refills; also have an extra pair of prescription glasses for anyone with glasses or contacts*)
- Copies of important family documents (*copies of insurance policies, identification and bank account records in a*
 - *waterproof, portable container*)
- Roll of duct tape
- Gas Shutoff Tool or Emergency Multi-Tool

ADDITIONAL BASIC ITEMS

- Sleeping Bags, Blankets, or Space Blankets
- Plastic Bags (*assorted sizes of zip-top close type bags*)
- Plastic Garbage Bags (*heavy duty, 30 gal. or larger and small kitchen size*)
- Toilet paper
- Wet wipes, baby wipes, etc., (*for water free cleanup*)

City of Evanston Office of Emergency Preparedness

- Toiletry Supplies - towelettes, shampoo, toothpaste, deodorant, feminine supplies, etc.
- Entertainment Pack - Family Photos, Notebooks, Literature, deck of cards, games, coloring books and crayons for kids
- Fire Extinguisher (*Dry Chemical with a minimum size rating of 2A-10BC*)
- Tent (*or other temporary shelter option*)
- Tarp (*PVC or canvas, minimum two, 8' X 10'*)
- Plastic Sheeting Rolls (*4 mil. Thick - minimum 10' X 25'*)
- Work Gloves & Dust Mask

ADDITIONAL RECOMMENDED ITEMS

- Coil of Rope (25' - 50' of minimum ¼" thick)
- Tools
 - ✓ Ax / Maul
 - ✓ Crowbar or Claw Tool
 - ✓ Hammer and Nails
 - ✓ Screwdrivers
 - ✓ Utility Knife
 - ✓ Adjustable Wrench or Pliers
 - ✓ Small Shovel (optional)
 - ✓ Small Broom (optional)
- Cheese Cloth (to strain particles from water)
- Local Road Map

This list contains the minimum recommended supplies needed for basic emergency preparedness; each emergency kit should be unique to the individuals that it will support. Consider additional items as needed to tailor the kits for your needs. Check expiration dates for food, water and medications and rotate as needed. Also consider emergency supplies for your pets or service animals.