Appendix D:
LEARNING JOURNAL ACTIVITY 2: WEB SITE COMPARISON

(This alternative activity is for students without Internet access.)

Please read through the following Web site articles about disaster supplies kits. One article is from the U.S. Homeland Security Web site, another from the American Red Cross Web site and the third from the FEMA (Federal Emergency Management Agency) Web site.

Once you have read the articles, answer the following questions in paragraph form.

1. Based on all three articles, what are the "essential" items to have in a disaster supplies kit?

2. You and your family plan on making a disaster supplies kit. If you could only choose to use the information from one Web site, which Web site would you choose? Explain.

3. Which of the three Web site articles was the least helpful? Explain. How could the web author(s) improve the article?

Remember to label your assignment, "Learning Journal Activity #2: Web Site Comparison." This assignment is worth 10 points. (You will submit your entire learning journal with the lesson 6 Writing Portfolio.)

Article #1: U.S. Department of Homeland Security Kit

The following information was taken from the U.S. Department of Homeland Security’s Web site:

http://www.ready.gov/make_a_kit.html

Make a Kit

When preparing for a possible emergency situation, it’s best to think first about the basics of survival: fresh water, food, clean air, and warmth.

Water and Food

Find out how to store and prepare for at least three days of survival.

Clean Air

Learn how to improvise with what you have on hand to protect your mouth, nose, eyes, and cuts in your skin.

First Aid Kit

Knowing how to treat minor injuries can make a difference in an emergency. If you have these basic supplies, you are better prepared to help your loved ones when they are hurt.

Supply Checklists

Assemble clothing and bedding, tools, and other basic supplies.

Special Needs Items

Lists for those with special needs—babies, adults, seniors, and people with disabilities.

Water

- Have one gallon of water per person per day, for drinking and sanitation.
- Children, nursing mothers, and sick people may need more water.
- If you live in a warm weather climate, more water may be necessary.
• Store water tightly in clean plastic containers such as soft drink bottles.
• Keep at least a three-day supply of water per person.

Food
• 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.
• Pack a manual can opener and eating utensils.
• Choose foods your family will eat, such as:
  • ready-to-eat canned meats, fruits, and vegetables
  • protein or fruit bars
  • dry cereal or granola
  • peanut butter
  • dried fruit
  • nuts
  • crackers
  • canned juices
  • non-perishable pasteurized milk
  • high energy foods
  • vitamins
  • food for infants
  • comfort/stress foods

Clean Air
Many potential terrorist attacks could send tiny microscopic particles of “junk” into the air. For example, an explosion may release very fine debris that can cause lung damage. A biological attack may release germs that can make you sick if inhaled or absorbed through open cuts. Many of these agents can only hurt you if they get into your body, so think about creating a barrier between yourself and any contamination.

Nose and Mouth Protection
Prepare face masks or dense-weave cotton material that snugly covers your nose and mouth and is specifically fit for each member of the family. Do whatever you can to make the best fit possible for children.

Be prepared to improvise with what you have on hand to protect your nose, mouth, eyes, and cuts in your skin. Anything that fits snugly over your nose and mouth, including any dense-weave cotton material, can help filter contaminants in an emergency. It is very important that most of the air you breathe comes through the mask or cloth, not around it. Do whatever you can to make the best fit possible for children. There are also a variety of face masks readily available in hardware stores that are rated based on how small a particle they can filter in an industrial setting.

Given the different types of attacks that could occur, there is not one solution for masking. For instance, simple cloth face masks can filter some of the airborne “junk” or germs you might breathe into your body, but will probably not protect you from chemical gases. Still, something over your nose and mouth in an emergency is better than nothing. Limiting how much “junk” gets into your body may impact whether or not you get sick or develop disease.

Other Barriers
• heavyweight plastic garbage bags or plastic sheeting
• duct tape
• scissors

There are circumstances when staying put and creating a barrier between yourself and potentially contaminated air outside, a process known as “shelter-in-place,” is a matter of survival. You can use these things to tape up windows, doors, and air vents if you need to seal off a room from outside contamination. Consider precutting and labeling these materials. Anything you can do in advance will save time when it counts.

Use available information to assess the situation. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you can use these things to tape up windows, doors, and air vents if you need to seal off a room.

HEPA (High Efficiency Particulate Air Filtration) Filter Fans
Once you have sealed a room with plastic sheeting and duct tape you may have created a better barrier between you and any contaminants that may be outside. However, no seal is perfect and some leakage is likely. In addition to this, you may find yourself in a space that is already contaminated to some degree.

Consider a portable air purifier, with a HEPA filter, to help remove contaminants from the room where you are sheltering. These highly efficient filters have small sieves that can capture very tiny particles, including some biological agents. Once trapped within a HEPA filter, contaminants cannot get into your body and make you sick. While these filters are excellent at filtering dander, dust, molds, smoke, biological agents, and other contaminants, they will not stop chemical gases.

Some people, particularly those with severe allergies and asthma, use HEPA filters in masks, portable air purifiers, as well as in larger home or industrial models to continuously filter the air.
First Aid Kit
In any emergency, a family member (or you yourself) may be cut, burned, or otherwise injured. If you have these basic supplies you are better prepared to help your loved ones when they are hurt. Remember, many injuries are not life threatening and do not require immediate medical attention. Knowing how to treat minor injuries can make a difference in an emergency. Consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection, and assist in decontamination.

Things You Should Have
- two pairs of latex, or other sterile gloves (if you are allergic to latex)
- sterile dressings to stop bleeding
- cleansing agent/soap and antibiotic towelettes to disinfect
- antibiotic ointment to prevent infection
- burn ointment to prevent infection
- adhesive bandages in a variety of sizes
- eye wash solution to flush the eyes or as a general decontaminant
- thermometer (read more: biological threat)
- prescription medications you take every day such as insulin, heart medicine, and asthma inhalers; you should periodically rotate medicines to account for expiration dates
- prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies

Things It May Be Good to Have
- cell phone
- scissors
- tweezers
- tube of petroleum jelly or other lubricant

Non-prescription Drugs
- potassium iodide
- aspirin or non-aspirin pain reliever
- anti-diarrhea medication
- antacid (for upset stomach)
- 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)

Supply Checklists

Emergency Supplies
The basics of survival—water, food and clean air—are essential, but some of the following items may make a time of crisis more comfortable.

Basic Supplies
- flashlight and extra batteries
- battery powered radio and extra batteries
- plastic garbage bags, ties, and toilet paper for personal sanitation
- first aid kit
- map of the area for evacuation or for locating shelters
- a whistle to signal for help
- moist towelettes

Clothing and Bedding
If you live in a cold weather climate, you must think about warmth. It is possible that the power will be out and you will not have heat. Rethink your clothing and bedding supplies once a year to account for growing children and other changes. Have at least one complete change of warm clothing and shoes per person including the following:
- a jacket or coat
- long pants
- a long sleeve shirt
- sturdy shoes
- a hat and gloves
- a sleeping bag or warm blanket for each person.

Tools
Some of the following items may make a time of crisis more comfortable:
- emergency reference material, such as a first aid book or a print out of this information
- mess kits, or paper cups, plates, and plastic utensils
- cash or traveler’s checks, change
- non-electric can opener, utility knife
- paper towels
- fire extinguisher: small canister, ABC type
- tube tent
- pliers
- compass
- matches in a waterproof container
- aluminum foil
• plastic storage containers
• signal flare
• paper, pencil
• medicine dropper
• shut-off wrench, to turn off household gas and water

Sanitation
• toilet paper, towelettes
• feminine supplies
• personal hygiene items
• plastic garbage bags, ties (for personal sanitation uses)
• plastic bucket with tight lid
• disinfectant
• household chlorine bleach
  You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or, in an emergency, you can also use it to purify water. Use sixteen drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners.

Important Family Documents
Keep copies of important family records such as insurance policies, identification, and bank account records in a waterproof, portable container.

Special Needs Items
Remember the special needs of your family members. Infants, the elderly, and persons with disabilities need the same planning as everyone else, and sometimes a little more, to be prepared for a terrorist attack.

For Baby
• formula
• diapers
• bottles
• powdered milk
• medications
• moist towelettes
• diaper rash ointment

For Adults
• Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin, and other prescription drugs.
• denture needs
• contact lenses and supplies
• extra eye glasses

For Seniors
• Plan how you will evacuate or signal for help.
• Plan emergency procedures with home health care agencies or workers.
• Tell others where you keep your emergency supplies.
• Teach others how to operate necessary equipment.
• Label equipment like wheelchairs, canes, or walkers.

additional supplies for seniors
• list of prescription medications including dosage in your supply kits (include any allergies)
• extra eyeglasses and hearing-aid batteries
• extra wheelchair batteries or other special equipment in your supply kit
• a list of the style and serial numbers of medical devices, such as pacemakers, in your emergency supply kits
• copies of medical insurance and medicare cards
• list of doctors and emergency contacts

For People with Disabilities
• Create a support network to help in an emergency.
• Tell these people where you keep your emergency supplies.
• Give one member of your support network a key to your house or apartment.
• Contact your city or county government’s emergency information management office. Many local offices keep lists of people with disabilities so they can be located quickly in a sudden emergency.
• Wear medical alert tags or bracelets to help identify your disability.
• If you are dependent on dialysis or other life sustaining treatment, know the location and availability of more than one facility.
• Show others how to operate your wheelchair.
• Know the size and weight of your wheelchair, in addition to whether or not it is collapsible, in case it has to be transported.

Additional supplies for people with disabilities include
• prescription medicines, list of medications including dosage, list of any allergies
• extra eyeglasses and hearing-aid batteries
• extra wheelchair batteries, oxygen
- list of the style and serial number of medical devices
- medical insurance and medicare cards
- list of doctors, relatives, or friends who should be notified if you are hurt

**Article #2: American Red Cross Kit**

The following information was taken from the American Red Cross Web site:

http://www.redcross.org/services/disaster/0_ten82_0_3_00.html

(from “Disaster Supplies Kit” developed by the Federal Emergency Management Agency and the American Red Cross)

**Disasters Supplies Kit**

There are six basics you should stock for your home: water, food, first aid supplies, clothing and bedding, tools and emergency supplies, and special items. Keep the items that you would most likely need during an evacuation in an easy-to-carry container—suggested items are marked with an asterisk (*). Possible containers include a large, covered trash container, a camping backpack, or a duffle bag.

**Water**

- Store water in plastic containers such as soft drink bottles. Avoid using containers that will decompose or break, such as milk cartons or glass bottles. 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).*

**Food**

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

**First Aid Kit**

Assemble a first aid kit for your home and one for each car. This could include

- (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

**Non-prescription Drugs**

- aspirin or non-aspirin 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)

**Tools and Supplies**

- mess kits, or paper cups, plates, and plastic utensils*
- emergency preparedness manual*
- battery-operated radio and extra batteries*
- flashlight and extra batteries*
- cash or traveler’s checks, change*
- non-electric can opener, 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
• map of the area (for locating shelters)

Sanitation
• 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

Clothing and Bedding
*Include at least one complete change of clothing and footwear per person.
• sturdy shoes or work boots*
• rain gear*
• blankets or sleeping bags*
• hat and gloves
• thermal underwear
• sunglasses

Special Items
Remember family members with special requirements, such as infants and elderly or disabled persons.

For Baby*
• formula
• diapers
• bottles
• powdered milk
• medications

For Adults*
• heart and high blood pressure medication
• insulin
• prescription drugs
• denture needs
• contact lenses and supplies
• extra eye glasses

Entertainment
• games and books

Important Family Documents
Keep these records in a waterproof, portable container:
• 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)

Store your kit in a convenient place known to all family members. Keep a smaller version of the supplies kit in the trunk of your car.

Keep items in airtight plastic bags. Change your stored water supply every six months so it stays fresh. Replace your stored food every six months. Re-think your kit and family needs at least once a year. Replace batteries, update clothes, etc.

Ask your physician or pharmacist about storing prescription medications.
Article #3: FEMA Disaster Kit

The following information was taken from the FEMA (Federal Emergency Management Agency) Web site:

http://www.fema.gov/plan/prepare/supplykit.shtm

Disaster Supplies Kit

Why Talk About a Disaster Supplies Kit?

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. You could get help in hours, or it may take days. Basic services, such as electricity, gas, water, and telephones, may be cut off, or you may have to evacuate at a moment’s notice. You probably won’t have time to shop or search for the supplies you’ll need. Your family will cope best by preparing for disaster before it strikes.

What Is a Disaster Supplies Kit?

Assembling the supplies you might need following a disaster is an important part of your Family Disaster Plan. Following a disaster, having extra supplies at home or supplies to take with you in the event of an evacuation can help your family endure evacuation or home confinement. Learn more about Disaster Supplies Kits by contacting your local emergency management agency or your local American Red Cross chapter.

Awareness Information

Ask children to help you remember to keep your kits in working order by changing the food and water every six months and replacing batteries as necessary. Children might make calendars or posters with the appropriate dates marked on them. Ask children to think of items that they would like to include in their own Disaster Supplies Kit, such as books or games or appropriate nonperishable food items.

Prepare Your Kit

Tips for Your Disaster Supplies Kit

- Keep a smaller Disaster Supplies Kit in the trunk of each car. If you become stranded or are not able to return home, having some items will help you to be more comfortable until help arrives.
- Keep items in airtight plastic bags. This will help protect them from damage or spoiling.
- Replace stored food and water every six months. Replacing your food and water supplies will help ensure their freshness.
- Rethink your kit and family needs at least once a year. Replace batteries, update clothes, etc.
- Ask your physician or pharmacist about storing prescription medications. It may be difficult to obtain prescription medications during a disaster because stores may be closed or supplies may be limited.
- Use an easy-to-carry container for the supplies you would most likely need for an evacuation. Label it clearly. Possible containers might include
  - a large, covered trash container
  - a camping backpack
  - a duffel bag
  - a cargo container that will fit on the roof of your vehicle

Disaster Supplies Kit Basics

The following items might be needed at home or for an evacuation. Keeping them in an easy-to-carry backpack or duffel bag near your door would be best in case you need to evacuate quickly, such as in a tsunami, flash flood, or major chemical emergency. Store your kit in a convenient place known to all family members. Kit basics include

- a portable, battery-powered radio or television and extra batteries
- flashlight and extra batteries
- first aid kit and first aid manual
- supply of prescription medications
- credit card and cash
- personal identification
- an extra set of car keys
- matches in a waterproof container
- signal flare
- map of the area and phone numbers of places you could go
- special needs (for example, diapers or formula, prescription medicines and copies of prescriptions, hearing aid batteries, spare wheelchair battery, spare eyeglasses, or other physical needs)

If you have additional space, consider adding some of the items from your Evacuation Supplies Kit (listed next).

Evacuation Supplies Kit

Place in an easy-to-carry container the supplies you would most likely need if you were to be away from home for several days. Label the container clearly. Remember to include

- disaster supplies kit basics (listed above)
- three gallons of water per person
• three-day supply of nonperishable food
• kitchen accessories:
  - manual can opener
  - mess kits or paper cups, plates, and plastic/disposable utensils
  - utility knife
  - a can of cooking fuel if food must be cooked
  - household liquid bleach to treat drinking water
  - sugar, salt, pepper
  - aluminum foil
  - plastic resealable bags

• one complete change of clothing and footwear for each family member, sturdy shoes or workboots, raingear, hat and gloves, thermal underwear, sunglasses

• blanket or sleeping bag for each family member

• tools and other accessories:
  - paper, pencil
  - needles and thread
  - pliers, shut-off wrench
  - shovels, and other useful tools
  - tape
  - medicine dropper
  - whistle
  - plastic sheeting
  - small canister, ABC-type fire extinguisher
  - emergency preparedness manual
  - tube tent
  - compass

• sanitation and hygiene items:
  - toilet paper, towelettes
  - soap, hand sanitizer, liquid detergent
  - feminine supplies
  - personal items such as shampoo, deodorant, toothpaste, toothbrushes, comb and brush, lip balm
  - plastic garbage bags (heavy-duty) and ties (for personal sanitation uses)
  - medium-sized plastic bucket with tight lid disinfectant; household chlorine bleach
  - small shovel for digging an expedient latrine

• entertainment, such as games and books

• Remember to consider the needs of very young or aging family members, such as infants and elderly or disabled persons.

  • For baby:
    - formula, diapers, bottles, powdered milk, medications

  • For adults:
    - heart and high blood pressure medication, insulin, prescription drugs, denture needs, contact lenses and supplies, extra eyeglasses, and hearing aid batteries.

To Build a Makeshift Toilet

Line a bucket with a garbage bag and make a toilet seat out of two boards placed parallel to each other across the bucket. After each use, pour a disinfectant such as bleach (1 part liquid chlorine bleach to 10 parts water) into the garbage bag. This will help avoid infection and stop the spread of disease. Cover the bucket tightly when it is not in use.

Bury garbage and human waste to avoid the spread of disease by rats and insects. Dig a pit two to three feet deep and at least 50 feet downhill or away from any well, spring, or water supply.

Home Disaster Supplies Kit

In addition to your Disaster Supplies Kit basics and Evacuation Supplies Kit, gathering the following items will help your family endure home confinement, which often happens following disasters and may include the loss of utilities:

• wrench to turn off household gas and water (Keep it near the shut-off valves.)

• a week’s supply of food and water

• additional blankets and sleeping bags

Also, consider using a NOAA Weather Radio with the tone-alert feature in your home. NOAA Weather Radio is the best means for receiving warnings from the National Weather Service. The National Weather Service continuously broadcasts updated weather warnings and forecasts that can be received by NOAA Weather Radios sold in many stores. NOAA Weather Radio now broadcasts warning and postevent information for all types of hazards—both natural (such as earthquakes and volcanic activity) and technological (such as chemical releases or oil spills). Working with other federal agencies and the Federal Communications Commission’s new Emergency Alert System, NOAA Weather Radio is an “all hazards” radio network, making it the single source for the most comprehensive weather and emergency information available to the public. Your National Weather Service recommends purchasing a radio that has both a battery backup and a Specific Area Message Encoder (SAME) feature, which automatically alerts you when a watch or warning is issued for your county, giving you immediate information about a life-threatening situation. The average range is 40 miles, depending on topography; the National Weather Radio signal is a line-of-sight signal, which does not bore through hills or mountains.

Water

Having an ample supply of clean water is a top priority in an emergency.

• Store water in plastic containers, such as soft plastic drink bottles. Seal containers tightly, label them, and store in a cool, dark place.
Replace water every six months. Avoid using containers that will decompose or break, such as milk cartons or glass bottles.

- Keep at least a three-day supply of water, or a minimum of three gallons per person. It is strongly recommended to have more if possible. Use one-half gallon per day for drinking, and one-half gallon for cooking and sanitation. 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 your three-day supply in a handy place. You need to have water packed and ready in case there is no time to fill water bottles when disaster strikes.

- Water needs to be treated only if it is of questionable purity.
  - Boiling is the safest method of treating water. Strain water through a clean cloth to remove bulk impurities. Bring water to a rolling boil for about one full minute, keeping in mind that some water will evaporate. Let the water cool before drinking. Boiled water will taste better if you put oxygen back into it by pouring the water back and forth between two clean containers. This will also improve the taste of stored water.
  - You can use household liquid bleach to kill microorganisms. Use only regular household liquid bleach that contains 5.25 percent sodium hypochlorite. Do not use scented bleaches, color-safe bleaches, or bleaches with added cleaners. Add 16 drops of bleach per gallon of water, stir, and let stand for 30 minutes. If the water does not have a slight bleach odor, repeat the dosage and let stand another 15 minutes. If it still does not smell of chlorine, discard it and find another source of water. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 percent hypochlorite as the only active ingredient, are not recommended and should not be used.
  - Distillation involves boiling water and then collecting the vapor that condenses back to water. The condensed vapor will not include salt or other solid impurities. To distill, fill a pot halfway with water. Tie a cup to the handle of the pot’s lid so that the cup will hang rightside up when the lid is upside down (make sure the cup is not touching the water) and boil the water for 20 minutes. The water that drips from the lid into the cup is distilled.
  - Melt ice cubes or use water from undamaged hot water tanks, toilet tanks (not the bowl), and water pipes if you need additional water.

- If you need to find water outside of your home, you can use rainwater; streams, rivers, and other moving bodies of water; ponds and lakes; and natural springs. If you question its purity, be sure to treat the water first. Avoid water with floating material, an odor, or a dark color. Use saltwater only if you distill it first. Do not drink flood water.

### Food

Even though it is unlikely that an emergency would cut off your food supply for two weeks, you should consider preparing a supply that will last that long. The easiest way to develop a two-week stockpile is to increase the amount of basic foods you normally keep on your shelves. If your water supply is limited, try to avoid foods that are high in fat and protein, and don’t stock salty foods, since they will make you thirsty. Familiar foods can lift morale and give a feeling of security in time of stress. Also, canned foods won’t require cooking, water, or special preparation. Take into account your family’s unique needs and tastes. Try to include foods that they will enjoy and that are also high in calories, protein, carbohydrates, vitamins, and minerals.

- Pack at least a three-day supply of nonperishable food and water, and store it in a handy place. You need to have these items packed and ready in case there is no time to gather food from the kitchen when disaster strikes.
- Select foods that require no refrigeration, preparation, or cooking, and little or no water. Foods that are compact and lightweight are easy to store and carry.
- If you must heat food, pack a can of cooking fuel.
- Try to eat salt-free crackers, whole grain cereals, and canned food with high liquid content. Recommended foods include
  - ready-to-eat canned meats, fruits, and vegetables
  - canned juice, milk, and soup (if powdered, store extra water)
  - high-energy foods, such as peanut butter, jelly, crackers, granola bars, and trail mix
  - comfort foods, such as hard candy, sweetened cereals, candy bars, and cookies
  - instant coffee, tea bags
  - foods for infants, elderly persons, or persons on special diets, if necessary

Also consider

- compressed food bars—They store well, are lightweight, taste good, and are nutritious.
• trail mix—Available prepackaged, or assemble your own.

• dried foods—They can be nutritious and satisfying, but contain a lot of salt, which promotes thirst.

• freeze-dried foods—They are tasty and lightweight, but will need water for reconstitution.

• instant meals—Cups of noodles or cups of soup are a good addition, although they need water for reconstitution.

• snack-sized canned goods—These are good because they generally have pull-top lids or twist-open keys.

• prepackaged beverages—Those in foil packets and foil-lined boxes are suitable because they are tightly sealed and will keep for a long time.

Food options to avoid:

• commercially dehydrated foods—They can require a great deal of water for reconstitution and extra effort in preparation.

• bottled foods—They are generally too heavy and bulky, and break easily.

• meal-sized canned foods—They are usually bulky and heavy.

• Whole grains, beans, pasta—Preparation could be complicated under the circumstances of a disaster.

If your electricity goes off, follow these steps:

• First, use perishable food and foods from the refrigerator.

• Then, use the foods from the freezer. To minimize the number of times you open the freezer door, post a list of freezer contents on it. 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 three days.

• Finally, begin to use nonperishable foods and staples.

Remember to store nonperishable foods for your pets.

First Aid Kit
Assemble a first aid kit for your Disaster Supplies Kit and one for each car.

The basics for your first aid kit should include

• first aid manual
• sterile adhesive bandages in assorted sizes
• assorted sizes of safety pins
• cleansing agent/soap
• latex gloves (2 pairs)
• sunscreen
• 2-inch sterile gauze pads (4–6)
• 4-inch sterile gauze pads (4–6)
• triangular bandages (3)
• nonprescription drugs
• 2-inch sterile roller bandages (3 rolls)
• 3-inch sterile roller bandages (3 rolls)
• scissors
• tweezers
• needle
• moistened towelettes
• antiseptic
• thermometer
• tongue depressor blades (2)
• tube of petroleum jelly or other lubricant

Have the following nonprescription drugs in your Disaster Supplies Kit:

• aspirin or non-aspirin pain reliever
• antidiarrhea 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)
• vitamins

Add any necessary prescription and nonprescription drugs.

Add special needs for infants, elderly persons, or anyone with serious allergies.
Important Documents
Keep the following original documents in a safe deposit box if possible, and copies in a waterproof, fire-resistant portable container:

- 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)