



**American
Red Cross**



Are You Prepared For a Disaster?

Follow this Red Cross checklist to begin building your personal disaster preparedness kit.

- Food & Water** – Keep at least a three-day supply of water (one gallon per person per day) and nonperishable food that requires no refrigeration or preparation. Food items may include canned meats, fruits, vegetables, and juices.
- First Aid Supplies** – Assemble a First Aid kit containing a variety of bandages, gauze pads, adhesive tape, antiseptic wipes, hand sanitizer, scissors and cold packs.
- Clothing & Bedding** – Store at least one complete change of clothing and footwear per person.
- Tools & Emergency Supplies** – Gather helpful supplies, such as mess kits or paper goods, a battery-operated radio, flashlight, batteries, can opener, tube tent, pliers, tape, matches, signal flare, paper and pencils.
- Special Items** – Remember special items, such as formula and diapers for infants, or prescription drugs and medication for other family members.