

EMERGENCY SUPPLY LIST

- ✓ Items to add to an Emergency Supply Kit:

WATER:

- Three gallons of water per person, per day, for drinking and sanitation

FOOD:

Select foods that require little or no water and no refrigeration, preparation, or cooking. Choose salt-free crackers, whole grain cereals, and canned foods with high liquid content. Include a selection of the following:

- Ready to eat canned meats, fruits, and vegetables
- Protein and/or granola bars
- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk and/or powdered milk stored in glass jars or in a box
- Comfort foods: hard candy, sweetened cereals, cookies, instant coffee, tea bags



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EMERGENCY SUITCASE

- ✓ Items to add to an Emergency Suitcase:
- Battery-powered or hand crank radio and extra batteries
- Flashlight and batteries
- First aid kit
- Whistle to signal for help
- 5 day supply of medications and pills
- Eyeglasses, hearing aids, and hearing aid batteries
- Garbage bags and plastic ties for personal sanitation
- Wheelchair batteries, oxygen, and extras
- Dust mask to help filter polluted air
- Wrench or pliers to turn off utilities
- A list of your prescriptions and dosage information
- Copies of medical insurance cards
- Family records, wills, power of attorney papers, deeds
- Social security numbers, bank information, credit card, and tax records
- Names and numbers of everyone in your personal support network including medical providers
- Cash or travelers checks
- Local maps

For more information go to www.panflusouthidaho.org

SCPHD:10/2010

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