



ARE YOU READY? Disaster Supplies

Are you ready for a disaster?

Storms and other disasters can knock out power at your home for a while, leaving you without the things you need for food and communication. Follow these tips to gather critical supplies in advance so your family stays safe and healthy in a crisis.

Disaster Supplies

Build a kit of disaster supplies, food and water for each family member. (One gallon per person per day)

Buy key items first, then build it over time. Buy a few extra items each time you go to the grocery store until you've built your supply

Do not store water in plastic containers directly on concrete floors (ie: garage floors)

Food and Water

(3-day minimum per family member)

- Water: 1 gallon per person per day in non-breakable containers. Best: 2-week supply per person.
- Food: non-perishable, 3,600 calorie minimum. Avoid foods that make you thirsty
- Water purifiers (tablets or iodine tablets)
- Manual can opener
- Disposable eating utensils

Health

- First aid kit (one at home, each car, and work)
- Non-prescription drugs (vitamins, pain relievers)
- Prescription drugs (at least 3-day supply, 1-month preferred)
- Insect repellent
- Sun block

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Partner with ADRN to bring HOPE into crisis.

Hygiene

- Personal hygiene kit: toothbrush, toothpaste, soap, comb, razor, deodorant, feminine supplies, toilet paper, shampoo, conditioner, etc.
- Moist towelettes
- Household chlorine bleach (for cleaning)
- Waterless hand sanitizer
- Small plastic bags with ties or zip-top bags
- Eye glasses/contact lenses, solution
- Dentures
- Hearing aids and batteries

Communication

- Battery powered radio and extra batteries
- Solar or hand-crank radio
- Several flashlights and extra batteries
- Highway flares
- Cell phone with charger, extra batteries
- Emergency candles and matches in waterproof container

Miscellaneous

- Local and state maps
- Infant formula, baby food, diapers
- Games and books for children/adults
- Large plastic bags with ties
- Corded phone for land line that doesn't require batteries or electricity

Shelter

- Tent
- Mylar space blanket
- Plastic sheeting with duct tape
- Hand warmers
- Lantern Tools

Tools

- Duffel bags, containers for supplies
- Trash bags, zip-top bags
- Compass
- Whistle
- Paper, pencil, tape
- Sewing kit
- Swiss Army knife
- Nylon rope (50 feet)
- Hatchet or axe
- Foldable shovel
- Work gloves
- Wrench and pliers
- Fuel for alternative cooking source



AUSTIN DISASTER RELIEF NETWORK (ADRN)

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ADRN Headquarters:

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READINESS RESOURCES:

Redcross.org

FEMA.gov/plan

DHS.gov/

how-do-i/prepare-my-family-disaster