

Suggested Emergency Resources and Supply Lists

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September, 2005

In these times of anxiety and fear regarding natural and man-induced catastrophes, I find it helpful to look at what I can and cannot control. In the event of an emergency situation, I've decided I will at least sleep better knowing that I have taken some basic precautions that will help ensure a degree of safety and comfort for myself and those I love.

I have done a fair bit of research into disaster preparedness and have waded through an immense amount of hype, commercialism and propaganda in order to determine the best items and procedures to have on hand. I've attempted to boil it down to this short document.

What follows is an overview of resources to help you decide how much you might want to prepare in case of an emergency. The following is comprised of:

1. Websites offering comprehensive emergency information and guidance
2. Websites offering good deals on supplies
3. Supply lists for emergency situations
 - a. In case you are in your car and cannot get home
 - b. In case you have to quickly leave your home
 - c. In case you must remain in your home for an extended period of time
4. My personal recommendations for some of the "best" key items to have on hand

These lists are a synthesis of those compiled by different organizations. They are pretty exhaustive, allowing you to decide what items are the most important to you. There are also pre-packaged kits available including some you might want to check out for commuting and for the office.

1. Websites offering comprehensive emergency information and guidance

- **FEMA** <http://www.fema.gov/>
- **Red Cross** http://www.redcross.org/services/prepare/0,1082,0_239_00.html
- **Emergency Preparedness Guidebook** <http://www.survival-guidebook.com/> (Download the one w/out the color photos – they are really dorky. pdf format, 46 pages.)
- **Ten Packs for Survival** <http://www.survival-center.com/dl-list/dl30-pak.htm>
- **Survival Kits** by Doug Ritter (Probably too much information, but it's helpful if you are looking for an exhaustive list of helpful items to have on hand.) <http://www.equipped.org/survlkit.htm#DON'T>

2. Websites that offer good deals on supplies

- <http://www.nitro-pak.com> (Solid site, well-rated. Potentially a 'one-stop shopping' destination.)
- <http://www.iprepare.com/100aa02.html> (Great kits for auto, work and commuting.)
- <https://www.commercecorner.com> (Best feature is the 'help me decide' button to get an idea of their recommendations.)

Car Kit

Keep these items in your car in case you are stranded or cannot get home. You can buy pre-made kits or assemble them yourself. Consider laying in enough supplies for more than one person and having one for each car in your household. (It is recommended by one organization that you have these items within reach from **inside** your car particularly when driving in the winter.)

Food and water

- Non perishable food such as food bars, energy bars, canned nuts, dried fruit
- Can and bottle opener
- Water (bottled, sealed packets or ‘aquablox’. See “recommended products’ for more information.)
- Water purification tablets
- Water filter

Safety and comfort

- First Aid Kit
- Cash (small denominations and coins)
- Space Blankets
- Extra Blankets
- Ponchos with hoods
- Flashlight and extra batteries (Or a ‘shake light’ or ‘wind-up light’)
- Light sticks
- Waterproof matches and/or butane lighter
- Candle
- Towel
- Pre-moistened towelettes
- Safety Whistle

Clothing

- Gloves, hat, boots
- Extra socks
- Change of clothes

Tools

- Jumper cable
- Rope
- Cutting device such as multi-tool
- Duct tape
- Tool kit
- Traction device such as chains for winter driving
- Collapsible shovel
- Tow rope
- Fire extinguisher

The “Get Out of Town” Kit

Keep the following items in a portable duffle bag or carrying case in the event you have to quickly leave your home. Make sure everyone knows where it’s stored. This is a pretty exhaustive list so decide what you need and adjust accordingly. Consider keeping family documents in a portable container you can take with you. (See “Home Supplies Kit” for more information.)

Shelter

- Poncho or Thick Plastic Bags
- Space Blanket
- Sleeping Bag
- Sleeping Pad
- Tube Tent or Camping Tent

Water

- 2 qts water / person
- Water Purifier
- Purify Tablets/Clorox
- 2QT Canteen
- 5QT Canteen
- Collapsible 5 gallon container
- Water Packets
- Drink & Soup Mixes

Clothing

- 4pr Socks
- Gloves
- Hat
- Sweater
- Windbreaker
- Scarves (1 or 2)
- Bandana (1 or 2)
- Ltwt Towel
- Underwear (1 set)
- Underwear Therm/Silk
- Boots 1pr
- Bootlaces 1pr
- Shoelaces 1pr
- Coveralls ltwt (jumpsuit style)

Heat/Cooking/Light

- Waterproof Matches
- Butane Lighter
- Candles / Candle Lantern
- Canteen or Sierra Cup
- Portable stove and Fuel Bars
- Eating/Cooking Utensils

Utility

- "Swiss Army" knife or “Leatherman” tool
- Sheath Knife

- Knife Sharpening Kit
- Parachute Cord / Nylon Rope
- Mending / Duct Tape
- Folding Shovel
- Hammock
- Sewing Kit (see below)

Communications

- AM-FM-SW Radio
- Flashlight
- Batteries and bulbs, extra
- Solar battery charger
- Pad of Paper
- Pen & Pencil
- Caylume Light Sticks
- Mirror
- Whistle
- Flares (aerial)
- Cash (small bills and change)
- Trade Goods

Directions

- Maps
- Compass
- First Aid and Survival Manuals

Hygiene

- Soap
- Toilet Paper
- Collapsible Wash Basin
- Small Collapsible Bucket

Food

- 3 to 7 MRE Meals
- Other personal preference food items such as energy bars, protein powder, peanut butter, small can of nuts, dried fruit, etc
- Pet food (canned or dry)

Internal Kit: Sewing

- Needles, variety
- Thread
- Extra Buttons
- Small Scissors

- Sewing Awl
- Nylon Thread
- Safety Pins
- Ripstop Tape

Internal Kit: First Aid

- Triangular Bandage
- Band-Aids, Assorted
- Towelettes (pre-moist)
- Gauze Pads
- Sting-Eze
- Tweezers
- Magnifying Glass
- Safety Pins
- Aspirin (Tylenol/Advil)
- Waterproof Matches
- Pepto-Bismol (diarrhea)
- Insect repellent
- Prescription Medicines
- Soap
- Calcium Tabs (sm btl)
- Vit B Complex Tabs
- Iodine/Kelp Tabs
- Potassium Tabs
- Thermometer (std/case)
- Ace Bandages
- Hot/Cold Packs
- Tape (medical)
- Scalpel & Blades
- Suture Kit (military)
- Moleskin

Internal Kit: Ditty Bag

- Carrier/bag
- Toothbrush
- Toothpaste
- Dental Floss
- Razor & Blades
- Shampoo, etc
- Soap (multi-use) {anti-bacterial}
- Small Towel
- Washcloth
- Toilet Paper
- Sunglasses
- Spare Prescription Glasses

Family Documents

Home Supplies Kit

Keep these essentials on hand and up to date. While having enough food and water for 72 hours is great, many organizations recommend having enough for each person in your household for 2 weeks minimum. Having extra supplies on hand means you're less stressed and that you can help others less fortunate than you.

- * Water is a priority. Have extra water on hand in containers or check out "Aquablox" as a convenient long-term storage solution.
- * Consider having a camp stove or extra propane tank for your gas grill handy in case utilities are shut off.

Water

- One gallon / person / day (2 qts drinking, 2 qts food prep and sanitation)
- At least a 3-day supply / person
- Water filter
- Purification tablets

Food

- Ready-to-eat canned meats, fruits and vegetables
- Canned juices, milk, soup (if powdered, store extra water)
- Sugar, salt, spices
- Peanut butter, almond butter, granola bars, trail mix, protein powder
- Vitamins
- Foods for those on special diets
- Comfort / Stress foods – cookies, hard candy, instant coffee, tea

First Aid

- Commercial First Aid Kit
- Sunscreen
- Thermometer
- Antiseptic
- Anti-diarrhea medication
- Antacid
- Syrup of Ipecac (use to induce vomiting, if advised by professional help)

- Activated charcoal (use for poison, if advised by professional help)
- Potassium Iodide (use in case of radiation)

Clothing and Bedding

- Sturdy shoes / work boots
- Rain gear
- Blankets / sleeping bags
- Hats and gloves
- Thermal underwear
- Tube tent or camping tent

Tools

- Shut off wrench for gas / water
- Fire extinguisher
- Pliers
- Tape
- Signal flare
- Emergency preparedness manual
- Battery-operated or hand-generated radio
- Compass
- Matches, waterproof style
- Butane lighter (s)
- Mess kits or paper plates
- Can opener
- Aluminum foil
- Plastic storage containers
- Paper, pencil
- Whistle
- Plastic sheeting
- Map of the area you live in

Sanitation

- Toilet paper, towelettes
- Soap, liquid detergent
- Feminine supplies
- Personal hygiene items
- Porta-potti chemical toilet or
- Plastic bucket with tight lid w/
- Plastic garbage bags
- Disinfectant
- Household chlorine bleach

Special Items

- Cash or traveler's checks
- Prescription drugs
- Sunglasses
- Extra eye glasses / contact lenses
- Entertainment – games and books

Family Documents in waterproof, portable container

- Will, insurance policies, contracts, deeds, stocks, bonds
- Passports, social security cards, immunization records
- Bank account numbers
- Credit card account numbers
- Inventory of valuable household goods
- Telephone numbers
- Family records
- Family photos

Recommended Products

What follows are my personal recommendations for some of the most reliable and highly recommended key items to have on hand. With the exception of 'Aquablox' and the "Shakelight 60 flashlight," these items are all available at www.nitro-pak.com.

Best 'no-batteries-needed' AM/FM/Shortwave radio

- **Free Play Plus** http://www.nitro-pak.com/index.php/cPath/46_182
- Note: You might consider a second (perhaps smaller and cheaper version) for the car or office.

Best 'no-batteries-needed' flashlight

- **Shakelight 60** \$29.00 http://www.productsforanywhere.com/gear/details/gg_shakelight60.html
- **Russian Dynamo** - \$8.99 http://www.nitro-pak.com/product_info.php/products_id/186

Best water filters

- **Miox Water Purifier** (amazing new technology) http://www.nitro-pak.com/product_info.php/cPath/40_184/products_id/1071
- **MSR Mini Works EX Ceramic Filter** (1 liter/minute - good backup and excellent for short-term use) http://www.nitro-pak.com/product_info.php/cPath/40_185/products_id/732
- **Katadyn Ceradyn Drip Filter** (13 gallons/day - excellent for the house, for long-term use or for many people) http://www.nitro-pak.com/product_info.php/cPath/40_150/products_id/1134

Best emergency candle

- **Nuwick 120 Hour Emergency Candle** http://www.nitro-pak.com/product_info.php/cPath/42_43/products_id/334

Best portable stoves

- **Esbit Stove** (Tommy Stove) http://www.nitro-pak.com/product_info.php/products_id/112 (Consider this German Military stove if you don't already have a camping stove or want a lightweight backup. It requires special fuel tablets, but it burns clean and is very reliable. Used world-wide.)
- **Nuwick Folding Stove** http://www.nitro-pak.com/product_info.php/products_id/338 (This works with the Nuwick Emergency Candles, Sterno and other canned fuel supplies. It's not as efficient as the Tommy Stove, but it's cheap, very convenient and may well come in handy for a variety of uses.)

Best water storage

- **Datrex Emergency Water Pouches** - Case of 64 http://www.nitro-pak.com/product_info.php/products_id/383 (4.2 oz packs are good for stashing in car and at work.)
- **Aquablox** - 3 pack <http://www.iprepare.com/100wa11.html> (Convenient and efficient way to keep a clean supply of water on hand. Check out the site for more information.)

Best Emergency Food Rations

There are many options for food storage such as **MRE's** (Meals Ready to Eat), **Food Bars**, **Freeze-Dried Foods** and **canned foods**. I have not fully researched pre-packaged food options and am looking for a good quality food bar to recommend with no partially hydrogenated oils. MRE's, while somewhat expensive, are very convenient and are reportedly not bad tasting.