

# Eastern Virginia Medical School

**“Get Prepared, Stay Prepared”**

## Disaster Supply Kit

### FOOD & WATER

- 1 gallon of water per person/per day, for 3-5 days (half for drinking, half for sanitation and cooking)
- 3-5 day supply of food – requiring minimal water, no refrigeration, prep or cooking (canned foods, granola bars, trail mix, etc)
- Manual can opener

### FIRST AID KIT

- Prescription and non-prescription medications
- Extra eyeglasses and contact lenses
- Pre-packaged first aid kit

### RECORDS AND FINANCIAL DOCUMENTS

- Cash (small bills) or traveler’s checks, and credit cards
- Emergency phone numbers
- Extra set of car keys in a waterproof container
- Originals of important documents – in a safe place

### SANITATION SUPPLIES

- Toilet paper and soap
- Garbage bags and plastic bags with seals (zip-top bags)
- Disinfectant
- Pre-moistened towelettes and/or waterless hand-sanitizer
- Feminine hygiene products and diapers (*if necessary*)
- 5-gallon bucket with lid

### CLOTHING AND BEDDING

- One complete change of clothing and sturdy footwear
- Sleeping bag (or 2 blankets) per person

### SURVIVAL TOOLS AND EQUIPMENT

- Battery-powered flashlight and radio
- Extra bulbs and batteries
- Cell phone (*and charger*)
- Wrenches, duct tape, a whistle and utility knife
- Call letters and dial settings of your local Emergency Alert System stations taped to your radio and TV
- A road map

### OTHER ITEMS

- Games, toys and books
- Pet supplies (food, water, carriers, etc)
- Extra set of keys

For more information:

Environmental Health & Safety

VA Department of Health

VA Dept. of Emergency Management

American Red Cross

[http://info.evms.edu/Radiation\\_safety\\_HTML/index.html](http://info.evms.edu/Radiation_safety_HTML/index.html)

[www.vdh.virginia.gov/epr](http://www.vdh.virginia.gov/epr)

[www.vaemergency.com](http://www.vaemergency.com)

[www.redcross.org](http://www.redcross.org)