

5-day supply kit

For Employees Called to In-City Hurricane or Disaster Duty

FOOD Per Person (Suggested menu, adjust to your tastes!)

Breakfast

- 2 Large box high fiber cereal -OR-
- Box of 12 assorted Instant oatmeal, cream of wheat, etc.
- Dried fruit, raisins.
- Milk (Parmalat)
- Instant coffee, tea, creamer, sweetener

Lunch

- 6 - Cans of soup, stew, chicken, tuna, spaghetti, etc.
- 6 - Cans of fruit or fruit cocktail, assorted
- Plastic bottle (4 – 6 Oz) peanut butter
- Plastic bottle (4 – 6 oz) jam
- Melba Toast or Club crackers
- Powdered drink mix
- Crackers or chips

Supper

- 6 - Pouches of commercially pre-cooked main entrée's: Jambalaya, chicken, Spaghetti, Stew, etc.
- 6- Pouches of commercially pre-cooked rice, pasta, or potatoes
- 6 - Cans assorted vegetables
- Crackers, chips, breadsticks, etc.
- Cookies, snack cakes, solid chocolate bars, etc.
- Pre-packaged pudding or jello cups

Snacks

- Trail mix
- Unsalted nuts
- Hard candies
- Granola bars
- Dried fruit mixes

(NOTE: ALL OF THESE CAN BE EATEN WITH MINIMAL HEATING OR WITHOUT COOKING IF NECESSARY)

BEVERAGES Per Person

- 15 – gallons of clean, safe drinking water (May use empty & cleaned plastic gallon or ½ gallon milk jugs filled with tap water)
- Powdered drink mixes
- Powdered milk
- Instant coffee, tea with powdered creamer & sweetener
- Reconstituted lemon, lime, or other fruit juices

(NOTE: AVOID SODA OR ALCOHOLIC BEVERAGES. THEY MAY COMPOUND THIRST AND TEND TO BE NUTRITIONALLY POOR.)

COOKING AND EATING SUPPLIES per person

- 2 – mechanical can openers
- 2 – ‘church key’ bottle openers
- 20 – paper plates
- 20 sets plastic knife, fork, spoons
- 20 – Plastic, paper, or Styrofoam cups
- 1 – “Safety Fuel” heating stove (Uses jelled alcohol, like Sterno or Chafing fuel)
- 5 – cans “Safety Fuel”
- 2 – small pots (1 – for heating food, 1 – for heating water)
- 1 – small fry pan (optional)
- 1 ea – sturdy plastic/nylon spatula and cookspoon
- 1 – pint plastic bottle cooking oil
- Small plastic bottles favorite spices
- 1 – pint plastic bottle hand dishwashing detergent
- 1 – plastic/nylon dish sponge/scrubber
- 4 – rolls paper towels
- 12 – assorted “Ziploc” or similar plastic bags
- 12 – tall kitchen trash bags
- 2 – boxes of 50 wooden safety matches (sealed in “Ziploc” bags)
- 1 – small fire extinguisher

CLOTHING & BEDDING per person

- 5 – pairs work pants
- 5 – work shirts
- 2 – pair jeans & polo shirts
- 2 – pair shorts & t-shirts
- 2 - belts
- 7 - sets underclothing
- 7 - pairs work socks
- 1 – set raingear
- 1 – windbreaker light/medium weight jacket
- 1 – set sweatpants/shirt
- 2 – pair work shoes
- 1 – pair sneakers
- 1 – cap or work hat
- 2 – set sleeping wear
- 2 – shower/bath towels
- 2 – washcloth
- 1 – set bedding sheets & blanket
- 1 – cot, air mattress (Full size, max), or sleeping bag
- Pillows
- 1 – small flashlight

- ❑ 1 – battery powered book light
- ❑ 1 – battery powered AM/FM/Cassette/CD player with earphones
- ❑ 3 – sets replacement batteries for each above

MEDICATIONS & HYGIENE per person

- ❑ 30 – day supply of ALL prescription medications in original prescription containers
- ❑ 1 – small box Aspirin, or other OTC analgesic
- ❑ 1 - small bottle of OTC allergy antihistamine
- ❑ 1 - small bottle of rubbing alcohol
- ❑ 1 – small box band aids, antiseptic ointment
- ❑ 1 – small bottle OTC antidiarrhea medication
- ❑ 1 – bottle antacids
- ❑ Feminine hygiene supplies
- ❑ Toothbrush & toothpaste, floss, etc.
- ❑ 1 – small plastic bottle antiseptic mouthwash
- ❑ Shaving supplies and kit
- ❑ Shower/bath soap, shampoo, etc.
- ❑ Small box of pre-moistened “baby wipes”.
- ❑ Hair care supplies
- ❑ Skin care products, makeup, etc.
- ❑ 1 - Plastic bottle 4 - 8oz Mosquito repellent (With DEET)
- ❑ Small sewing kit with needle, thread, spare buttons, etc.
- ❑ Spare glasses, hearing aids, contact lenses, etc.
- ❑ 2 – rolls Toilet Paper
- ❑ 1 - Plastic bottle (4 – 8oz) SPF 30 Sunscreen

STORAGE of Supplies

- ❑ 3 – 18 Gallon (or larger) Plastic Storage Tubs with snap on lids (Lockable is optional).
- ❑ 1 – Small hard sided luggage (for personal hygiene, medications, etc.)
- ❑ 1 – Medium-sized Backpack (for portability)
- ❑ 1 – Metal lockable box for cash and personal papers

MONEY and PAPERS per person (Sealed in “Ziploc” bags)

- ❑ Cash in small bills (\$1, \$5, \$10, & \$20) sufficient for 5 – 7 days until access to banks or ATM’s can be established.
- ❑ Social Security Card
- ❑ Health Care Insurance Card
- ❑ Home Insurance Card or Policy Number
- ❑ Driver’s License (make sure address is current!)
- ❑ Vehicle Insurance Card
- ❑ Birth Certificate
- ❑ COPY of Warranty Deed (to prove home ownership)
- ❑ List of critical personal and family addresses and phone numbers.