

Clothing & Bedding

- 1 or more complete change(s) of clothing per person
- sturdy shoes or work boots
- blankets or sleeping bags
- hats and gloves
- rain gear
- sunglasses
- warm socks

Special Needs & Items

- baby formula, diapers, bottles, baby food
- prescription medications
- denture needs
- contact lenses & supplies
- extra eye glasses
- bank account information (copies or list)
- household inventory
- family records (birth, marriage, etc.)
- insurance policies (copies)
- games and books
- pet food & supplies
- cash or traveler's checks
- copies of social security cards, passports, drivers license, credit cards
- extra set of car keys



Update Your Kit Yearly

- * Change first aid supplies that may be outdated.
- * Update clothing items.
- * Replace batteries.

Household Chlorine Bleach

Use a medicine dropper for the following:

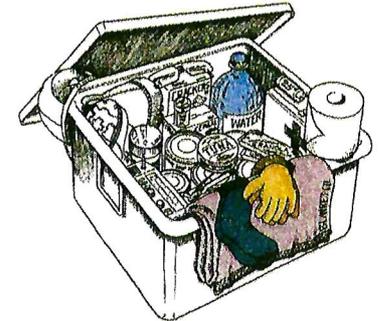
- * To use as a disinfectant, dilute 1 part bleach with 9 parts of water.
- * To use it for water treatment, dilute 16 drops per each gallon of water.

Do not use scented bleach, color safe bleach, or bleaches with added cleaners!!

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3-Day Necessities Kit

After a disaster, local officials and relief workers will be on the scene, but they cannot reach everyone immediately. It may take several hours or even days for help to reach you. Would your family be prepared to cope with the emergency until help arrives?



Your Family will cope best by preparing for disaster *before* it strikes. One way to prepare is by assembling a 3 Day Necessities Kit. Once a disaster strikes you won't have time to shop or search for supplies, but if you've gathered supplies in advance your family can endure an evacuation or home confinement.

Store the items in a portable container that is easy to carry, such as a plastic tote with a tight-fitting lid. Keep the supplies as close to your primary house exit as possible.

To prepare your kit:

- Review the checklist in this brochure.
- Gather the supplies that are listed.
- Place these supplies in an easy-to-carry container.

Water - 1 Gallon Per Person Per Day

Keep at least a 3 day supply of water for each person in your household. Two liter soda pop bottles work great. Avoid using milk containers, as they decompose. That means you need 6 two liter bottles per person.



Food - 3 Day Supply Per Person

Store at least a 3-day supply of non-perishable food. Select foods that require no refrigeration, cooking, and little to no water to prepare.

- canned meats, fruits, and vegetables
- canned juices and soups
- high energy foods - peanut butter, granola bars, trail mix, beef jerky, jelly
- "comfort" foods - cookies, hard candy, chips, instant coffee, tea bags, sweetened cereal
- salt, pepper, sugar

**Change your stored
water and food supply
every 6 months.**

First Aid Supplies

- sterile bandages in assorted sizes
- antiseptic ointment and wipes
- aspirin & acetaminophen
- sterile 4 x 4 gauze pads
- anti-diarrhea medicine
- hydrogen peroxide
- instant cold pack
- insect repellent
- decongestants
- thermometer
- cotton balls
- ibuprofen
- bar soap
- tweezers
- laxative
- tissues
- antacid
- vitamins
- sunscreen
- latex gloves
- Ipecac syrup
- antihistamine
- petroleum jelly
- antibiotic ointment
- 4" rolled gauze bandages
- large triangular bandages
- adhesive tape (hypoallergenic)



Tools & Supplies

- paper cups, plates, & plastic utensils
- plastic bucket w/tight lid (for personal sanitation uses)
- battery-operated radio & batteries
- wrench to shut off gas or water
- flashlight & extra batteries
- paper & pens or pencils
- disinfectant & bleach
- ABC fire extinguisher
- moistened towelettes
- waterproof matches
- manual can opener
- needles & thread
- feminine supplies
- aluminum foil
- pocket knife
- toilet paper
- safety pins
- liquid soap
- face masks
- duct tape
- trash bags
- whistle
- shovel
- scissors
- pliers

