



Saint Stephen HEART

Home-based Emergency Assistance Response Team

Get a Kit – Make a plan – Be Informed

Build Up 2-Week Supply of Emergency Items

Have a two week supply of each item for every person in your home

Water

- 18 ½ gallons of water per person (½ gallon for drinking, 2 gallons for bathing), store water in clean plastic containers

Food

Purchase foods that require no refrigeration and little preparation, such as:

- Ready-to-eat canned food
- Canned juices, milk, soup (if powdered, store extra water)
- Snacks: cookies, cereals, etc.
- Soft drinks, instant coffee, tea
- Food Bars (2400 cal. Each)
- Lots of ice (you can freeze your water supply)

For Baby

- Formula, bottles, powdered milk, jarred baby foods
- Diapers, moist towellettes and special medications

Pets

- Newspapers or cat litter, carrier
- Moist canned foods (to preserve water), bowl
- Plastic sheets to cover floor of pet's room
- Collar, leash, ID

Medicine

- First aid kit
- Rubbing alcohol
- Aspirin, non-aspirin pain reliever, antacid

- Extra prescription medication (especially for heart problems and diabetes)
- Ask your physician how to store prescription medication

Personal Items

- Toilet paper, towels, soap, shampoo
- Personal and feminine hygiene products
- Denture needs, contact lenses and an extra pair of eyeglasses
- Sun protection, insect repellent

Other Supplies

- Battery-operated radio, flashlights, light sticks, candles, non-electric can opener, extra batteries
- Charcoal, waterproof matches, extra propane gas for grills (Use grills outside only!)
- ABC-rated fire extinguisher in a small canister
- Pocket Knife,
- Portable cooler
- Plenty of absorbent towels, plastic trash bags
- Wind-up or battery-operated clock
- Tarp or sheet plastic, duct tape, scissors, hammer and nails for temporary roof repairs
- Cleaning supplies such as chlorine bleach
- Aluminum foil, paper napkins and plates, plastic cups

- Can of spray paint (It can be used to identify your home by insurance adjusters in case it's damaged)
- At least one change of clothing per person, sturdy shoes, hat and work gloves
- Pillows and blankets or sleeping bags / Emergency blanket
- Multipurpose tool
- Games & activities for children
- Two-way radios
- Rain gear

Valuable Documents

- Copies of personal documents (medication list and pertinent medical information)
- Proof of address, deed/lease to home
- Passports, birth certificates, insurance policies
- Family & emergency contact information
- Cell phone with chargers
- Extra cash
- Map(s)
- Extra set of car and house keys

Additional Items

- Tools/supplies for securing your home
- Tent
- Fuel for portable generator
- Nylon Rope