

# Get Ahead of What's Ahead.

## BUILD YOUR DISASTER SUPPLY KIT



**TEXAS  
READY**

*Build your kit all at once or step by step. Start with what you already have at home; then shop for the rest, as needed.*

Pack these basic supplies for each person or pet in a portable container or backpack. A waterproof container is best. You'll need these supplies whether you stay in your home (shelter in place) or evacuate to another location.

You may have to leave in a hurry to get to a safe place. Keep these supplies near your car. When it's time, grab them and go.



### FOOD AND WATER

- 3-day supply of non-perishable food, such as canned or pouched food
- 1 gallon of water per day for each person and pet
- Manual can opener
- Baby items (baby food, formula, bottles, diapers)
- Pet supplies (listed on next page)



### FIRST AID, MEDICATION, HYGIENE SUPPLIES

- First-aid kit (listed on next page)
- Medications
- Hand sanitizer, wipes
- Bleach (To purify water, mix 1/8 teaspoon per gallon. Stir and let stand for 30 minutes.)
- Toilet paper, paper towels, garbage bags
- Dental care products (toothpaste, toothbrushes)
- Hearing and vision products (hearing aids and batteries, glasses, contact lenses, contact lens solution, sunglasses)
- Soap, shampoo, personal hygiene supplies
- Sunscreen, insect repellent
- Face masks to filter air



### COMMUNICATION, LIGHTING, DOCUMENT BAG ITEMS

- Battery-powered radio with extra batteries or crank radio (emergency alert radio is best)
- Extra cell phone battery and car charger
- Flashlights and extra batteries
- Matches and lighter - keep in a waterproof container or sealable plastic bag
- Whistle
- Document bag items (listed on next page)



### ADD THESE ITEMS FOR EVACUATING BY CAR

- Road maps
- Car repair items (tools, spare tire, tire patch kit, oil)
- Food and water
- Plastic plates, cups and utensils
- Tent, blankets, pillows
- Clothes and sturdy shoes
- Rain gear and towels
- Books, games, toys

*Before you leave home*

- Fill your gas tank, and check your spare tire
- Take cash, checkbook, and credit cards
- Call your family emergency contact
- Charge your mobile phone
- Get a map of your route

When staying home is your safest choice, add these items to your kit and stay tuned to the news.



### ADD THESE ITEMS FOR SHELTERING IN PLACE

- Water
- Non-perishable food and manual can opener
- Pet food
- Baby food
- Fire extinguisher
- Plastic sheeting and duct tape (to seal doors, windows and air vents from contaminated air or to build an emergency shelter)

Texas Department of State  
Health Services



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## DOCUMENT BAG CONTENTS

Imagine how hard it would be after a disaster if you couldn't prove your identity or have access to your bank account. Avoid difficult situations by making copies of important documents and keeping them in a waterproof bag.

- Current photo IDs, driver licenses, birth records, Social Security cards, passports (always keep your Social Security number separate from other documents to decrease risk of identity theft)
- Current photos of family members in case you get separated
- Health insurance and prescription cards
- Medical records, medications and dosages
- Phone numbers (family, friends, doctors)
- Bank account information
- Wills
- Insurance documents (homeowner, renter, flood, life)
- Property deeds, leases, mortgages
- Vehicle titles, insurance, leases, loan documents
- Inventory of household possessions and their value (take photos of every room, every drawer, every closet)
- Backup computer files (on a USB drive)
- Copies of important keys
- Utility bills (to prove where you live)



## PEOPLE WITH DISABILITIES AND THOSE WITH ACCESS AND FUNCTIONAL NEEDS

Think about your day-to-day needs for independence. Plan now for your health away from home. Label medical equipment with your contact information.

- Wheelchairs, walkers, and canes
- Cooler with cold packs for medications
- Extra medications and dosages
- Copies of prescriptions and medical alert tags
- Food for special diets
- Medical supplies (oxygen, glucose monitoring strips, syringes, etc.)
- Hearing aids with extra batteries
- Communication devices
- Supplies and documentation for service animals



## FIRST-AID KIT CONTENTS

- 2 compress dressings (5 x 9 inches)
- 25 band-aids (different sizes)
- First-aid tape
- Antibiotic ointment
- Hydrocortisone ointment
- Pain reliever, such as aspirin, ibuprofen or acetaminophen
- Instant cold pack
- 2 pair of medical gloves (non-latex)
- Oral thermometer, scissors, tweezers
- 2 roller bandages (different widths)
- 2 elastic bandages
- 10 sterile gauze pads (different sizes)
- 2 triangular bandages (for making slings)
- First-aid instruction booklet



## PET SUPPLIES

- 3-day supply of food, water, and bowls
- Pet medications and first-aid kit
- Vaccination records
- Crate or carrier (may be required in shelters or where you spend the night)
- Leash and toys
- Cat litter and box
- Photo, in case pet gets lost