Disaster Supply Kit Checklist

A friendly reminder from the Newport Beach Fire Department

It is very important to put together a disaster preparedness kit to give your family the best chance of survival in the event of an emergency. The Newport Beach Fire Department has taken the recommendations from the Federal Emergency Management Agency (FEMA), the American Red Cross (ARC) and the California Governor’s Office of Emergency Services (CGOES) and have developed the checklist below.

1. Top of Container

Flashlight
Radio

First Aid Kit (including)

MEDICATION
Antibiotic ointment
Aspirin tablets
Ipecac
Prescription medication

DRESSINGS
Adhesive tape, 2" wide roll
Sterile bandage, 2" & 4" wide roll
Bandages, large triangular
Bandages, plastic strips

Cotton-tipped swabs
Rubbing alcohol
Sterile absorbent cotton
Ace bandage
Butterfly bandages
Gauze pads

MISCELLANEOUS
Scissors
Tweezers
Thermometer
Petroleum jelly
Rubbing alcohol
Tissues
Pocketknife
First Aid Handbook

2. Middle of Container

Food and Water
Three day supply of food and water requiring no refrigeration.
Write out a menu for each day.
Examples:
Canned tuna or pork & beans (1/2 lb./person)
- Nonfat dry milk (1/2 lb./person)
- Graham crackers (1/2 lb./person)
- Dried apricots (1/2 lb./person)
- Canned orange or tomato juice
- Peanut butter (1/2 lb./person)
* This supplies daily 2000 calories and essential nutrients

3. Bottom of Container

Bedding
Sleeping bag/blankets
Plastic sheet/tarp
Clothing
One change/person

Personal Supplies
Toiletries
Towel
Good book
Paper/pencil

Equipment
Can opener
Dish pan
Dishes (disposable)

Utensils (disposable)
Ax
Shovel
Bucket (plastic bag liners)

Infant Needs
Formula
Diapers
Bottle

Money
Cash
Coins

Personal Documents
Photocopies of ID and credit cards

Fuel and Light
Matches
Candles
Signal flare
Sterno (canned fire gel)

Other
Water purification tables
Liquid chlorine/bleach
Eye dropper
Pet food

For more information call 949-644-3104 or visit www.nbcert.org