



Disaster Kit for an Adult with Asthma (or Child over 10 years of age)

Food	Quantity/ day	# days	Total # in Pack
Canned Fruit (4 oz)	2	7	14
Fruit Rolls	2	7	14
Canned Beans or Pasta (7 oz)	2	7	14
Individual Peanut Butter packet	2	7	14
Tuna Fish (3 oz)	1	7	7
Individual Bag of Crackers	3	7	21
Trail Mix	1	7	7
Juice Box	1	7	7
Breakfast/Snack/Granola Bar	4	7	28
Water - liter bottle	0.5	7	3
 Non-Food			
Light Sticks			7
Hand Sanitizer			1
Tissues (pocket size)			1
Survival Blanket			1
First Aid Kit			1
Whistle			1
Garbage Bag			1
Chlorine Bleach (1 oz), or water purification tablets			1
Clean cloth or cheese cloth (for water filter)			1
Plastic spoons			7
 Contents of First Aid Kit			
Antiseptic Cleansing Wipes			7
Sterile Eye Wash			1
Polysporin or Bacitracin (individual packets)			7
Adhesive Bandages (assorted sizes)			14
4 x 4 sterile bandages			4
Bandage roll			2
Acetaminophen (adult and/or child dosage)			14 doses
Ibuprofen or Naproxen Sodium			14 doses
Antacid			14 doses
First aid scissors			1
Tweezers			1
Ace bandage			1
Sling			1
Cold pack			2
Prescription Medications as needed			7

Contents of Asthma Medications/Supplies

****Consult with your child's medical provider for specific instructions and supplies needed for your child's condition during a disaster.***

Maintenance medication: Steroid Inhalers - Advair

Rescue medication: Albuteral or Xopenex

Epi pen

Battery-powered nebulizer

Masks

Other supplies usually needed