



Standard Disaster Kit for an Adult (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 |