

Disaster Supply Kit

The American Red Cross and the Mass. Emergency Management Agency (MEMA) urge you to prepare a Disaster Supply Kit, sometimes called a “Go” bag. In an emergency situation, you may need to evacuate at a moment’s notice and take essentials with you. You probably will not have the opportunity to shop or search for the supplies you will need. Every household should assemble a disaster kit and keep it up to date.

A disaster supply kit is a collection of basic items a person would probably need to stay safe and be more comfortable during and after a disaster. Disaster supply kits should be stored in a portable container(s) near, or as close as possible, to the exit door. A backpack or portable suitcase that is easy to carry is a good container for your kit. Review the contents of your kit at least once per year or as your needs change. Also, consider having emergency supplies in your vehicle.

The following should be included in your basic disaster supply kit:

- Three-day supply of nonperishable food and manual can opener. It is a good idea to include foods that do not need cooking (canned, dried, etc.).
- Three-day supply of water (one gallon per person, per day)
- Portable, battery-powered radio or television, and extra batteries.
- Flashlight, and extra batteries.
- First aid kit and manual.
- Sanitation and hygiene items (hand sanitizer, moist towelettes, and toilet paper)
- Matches in waterproof container.
- Cell phone with an extra battery and charger (s).
- Whistle (to attract the attention of emergency personnel)
- Extra clothing and blankets.
- Kitchen accessories.
- Photocopies of personal documents/ identification.
- Cash and coins (ATMs may not be accessible).
- Special needs items such as prescription medications, eye glasses, contact lens solution, and hearing aid batteries.
- Tools, pet supplies, a map of the local area, and other items to meet your unique family needs.

For more information about being prepared for an emergency or disaster, please contact Information Specialist, Anne Manning at (978) 443-3055 or manninga@sudbury.ma.us. Please let us know if you would like to be added to our Emergency Contact list.

References: American Red Cross, www.redcross.org
Mass. Emergency Management Agency, www.mass.gov under the Health and Safety tab.