



NORTHSHORE FIRE PROTECTION DISTRICT

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District Fire Chief Mike Ciancio

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Station 80
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Station 85
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Station 90
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Emergency Preparedness Kit

Keep all of these items in an easy-to-carry container:

Water

Store one gallon of water/person/day (two quarts for drinking, two quarts for food preparation and sanitation.) Keep at least a three-day supply of water for each person in your household.

Food

Ready-to-eat canned meats, canned juices, milk, soup, vitamins, vegetables and fruits, food for infants, persons on special diets, high energy foods-peanut butter, sugar, salt, pepper, jelly, trail mix, crackers, and granola bars should be kept in your emergency preparedness kit.

First Aid Kit

Assemble a first aid kit for your home and one for each car. A kit should include: non-prescription drugs, moistened towelettes, thermometer, tongue blades, triangular bandages (3), 2-inch sterile gauze pads, petroleum jelly, cleansing agent, 2-inch sterile roller bandages, 4-inch sterile gauze pads, adhesive tape, needle, 3-inch sterile roller bandages, safety pins, scissors, sunscreen, antiseptic, insect repellent, Band-aids, sterile water, tweezers, and latex gloves.

Clothing and Bedding

Prepare for cold weather and power outages by packing sturdy shoes or work boots, blankets or sleeping bags, hat and gloves, sunglasses, rain gear, and thermal underwear.

Tools and Supplies

The following items will assist you in any emergency situation, and should be included in your emergency preparedness kit: battery-operated radio, medicine droppers, plastic sheeting, aluminum foil, manual can opener, utility knife, needle and thread, pencil and paper, storage containers, pliers, maps, tube tent, matches in a waterproof container, a whistle, flashlight, cash and travelers checks, shut-off wrenches, soap or detergent, chlorine bleach, a fire extinguisher (ABC type), compass, plastic garbage bags, disinfectant, personal hygiene items, tape, mess kits, and toilet paper.

Special Items

Don't forget to include special items such as baby formula, diapers, bottles, medications, denture needs, contact lenses, eye glasses, entertainment (books, games), telephone numbers, important documents, and family records.