

One page list of EMERGENCY PREPAREDNESS items NEEDED IN A CRISIS OR DISASTER

This list covers a variety of conditions - being able to stay in the home after a crisis, as well as having to leave your home because of a disaster.
Some of these items are obvious luxuries which would bring comfort in a time of crisis. Prepare for a variety of scenarios.

<p>Alarm: Carbon Monoxide - Battery Powered</p> <p>Aluminum Foil: Regular & Heavy Duty, also for Make-Shift Items (See "Cardboard")</p> <p>Arts & Crafts: Paints, Colored Pencils, Glue, Beads, Art Paper, etc.</p> <p>Appliances: Wheat grinder-Hand & Electric, Blender, Mixer, Crock Pot Electric Fry Pan-Roaster, Toaster, Pressure Cooker (Electric with Solar)</p> <p>Babies: Diapers, Formula, Ointments, Tylenol, Ibuprofen, Wipes, etc.</p> <p>Backpacks-Duffel Bags</p> <p>Batteries: Re-chargeable, Non-rechargeable, Solar Batteries</p> <p>Battery Chargers: Electric & Solar</p> <p>Beds: Cots, Mattresses, Tri-Fold Pads, Frames, Mats</p> <p>Bedding: Sleeping Bags, Blankets, Pillows, Sheet Sets, Throws, Quilts</p> <p>Bicycle s: Tires, Tubes, Pumps, Chains, etc</p> <p>Bleach: Plain, not scented: 4-6% sodium hypochlorite</p> <p>Books: Scriptures, Religious, Camping, Survival, Educational, Relaxation & Entertainment</p> <p>Bugs: Mosquito Coils, Repellents, Sprays, Skin So Soft, Fly Swatters</p> <p>Canning Supplies: Canner, Jars, Lids, Wax, Timer, Markers</p> <p>Cardboard: Have on hand to construct make-shift survival items for others who do not have these things such as sun ovens, coal ovens, refrigerators, etc. Patterns are available in books and through internet resources.</p> <p>Cleaning Supplies: Disinfectant, Scrubbies</p> <p>Clothing & Shoes: Cold Weather, Outerwear, Underwear, Night Wear, Sunday Wear, Athletic Shoes, Boots, Sandles, Water Shoes</p> <p>Cookware: Cast Iron, Electric skillet (Solar), Pressure Cooker, Pots,Pans</p> <p>Communications: Ham Equipment, Frequency List Books, Radios, Walkie-Talkies, Flare Signals, Mirror-Signals</p> <p>Chests of Drawers: To contain and transport items</p> <p>Disinfectant: Bleach-Non Scented, 6-6% Sodium Hypochlorite Anti-Bacterial Soap, Disinfectant Sprays & Wipes</p> <p>Essential Oils: Distiller, Droppers, Sprays, Bottles & Oils Meds for common ailments such as fever, diarrhea, itching, nasal congestion, eye irritation, hemorrhoids, wound infection, cold/flu, constipation, indigestion, pain, wound cleansing, bites & stings, sore lips, burns, sunburn, yeast infection, etc.</p> <p>Electrical Access: Power strips and Multiple Size Extension Cords to connect to Solar Unit</p> <p>Eye Glasses: Reading and Prescription</p> <p>Fire: Extinguishers, Baking soda, Matches, Lighter Fluid, Fire Starters</p> <p>First Aid Kits: Basic First Aid Kit, Trauma Kit , Suture Kit</p> <p>Fishing: Poles, Lines, Supplies & Tools</p> <p>Flooring: Tarps, Rubber Squares, Carpets, Outdoor Mats</p> <p>Food: Drinks, Oils, Baking Goods, Canned Goods, Drinks, Grains, Legumes, Milk Products, Dry Packed Meals, MRE's, Snacks, Spices Sweeteners, Thickeners</p> <p>Furniture: Chairs, Tables, TV with DVD player, Shelving, Chests, Beds, Kitchen set-up, PVC Pipe Bathroom Cubicle</p> <p>Food Storage: #10 Cans, Buckets, Bucket Lid Opener, Diatomaceous Earth, Oxygen Absorbers,</p> <p>Fuel: Propane, Kerosene, Lighter Fluid, Charcoal, Wood, Gas, Siphons, Pumps, Funnels</p> <p>Games: Board Games, Cards, Dice, Timer, Pads & Pencils</p> <p>Garbage Bags: Several sizes</p> <p>Garbage Cans: For storage, Water & Transporting</p> <p>Garden Basics: Square Boxes & Grids, Seeds, Tools, Water Pail</p> <p>Garden Soil: Compost, Peat Moss, Coarse Vermiculite (1/3rd each)</p>	<p>Genealogy: Family Histories, Search & Result Files, Forms</p> <p>Generators: Gas Generator, Solar Generator</p> <p>Guns: Rifles, Hand Guns, Ammunition, Cleaning tools, Holsters</p> <p>Hooks & Hanging Cubbies: Use hooks on vertical poles in tent</p> <p>Hygiene Needs: Body, Hair, Dental, Feminine, Nails, & Shaving, Facial Products, Make-up, Curling Iron/Curlers</p> <p>Ice Chests: insulated (Also keeps things from freezing in winter)</p> <p>Important Papers: Bank Records, Birth Certificates, Church Records, Deeds, Medical Records, Certifications, Wills, Genealogy.</p> <p>Insulation: For Windows, Tents, Make-Shift items (See "Cardboard")</p> <p>Journals: Diaries, Scrapbooks, Journals, Personal History</p> <p>Kitchen Aides: Can openers-Hand, Egg Beaters-Hand, Whisks, Timer, Cooking Utensils, Grater, Drainer, Bowls, Mxing Spoons</p> <p>Knives: Files, Stones, Steel, Hunting Knives, Pocket Knives & Kitchen</p> <p>Laundry: Clothes Line, Clothes Pins, Hangers, Detergent, Washboards, Mop bucket- wringer, Buckets, Plunger</p> <p>Light Sources: Solar Lights, Flashlights, Light Sticks, Torches, Candles, Wicks, Lamps, Lanterns, Mantles, Oil, Light Bulbs</p> <p>Lumber: Various types and sizes</p> <p>Medical Equipment: Blood Pressure Cuff, Stethoscope, Oximeter, Thermometer, Glucose Meter</p> <p>Medicines & Alternatives: For Common Medical Conditions such as ADHD, Anxiety, Asthma, Depression, Diabetes, High Blood Pressure, Hypothyroid, Heart Medications, Oxygen Needs, Seizures, Etc.</p> <p>Music & Movies: CD's & DVD's, LDS Hymnal, Primary Music, etc.</p> <p>Navigation: Maps, Compass, Address Book, Phone Book</p> <p>Over-the-Counter Medications & Alternatives: For Allergies, Bites, Stings, Bronchitis, Colds, Canker Sores, Constipation, Diarrhea, Eye Irritation, Fever, Fever Blisters, Flu, Fungal Infections, Hemorrhoids, Indigestion, Nasal Congestion, Nausea, Pain, Poison Ivy, Sunburn, Vomiting, Wound Care</p> <p>Office Supplies: Paper, Pads, Pens, Pencils, Sharpener, Calculator, Stapler, Tape, Ink Cartridges, Lap Top, Printer</p> <p>Ovens: Solar Oven, Wood or Coal Burning Oven, Propane Oven, Dutch Ovens</p> <p>Paper Products: Toilet Paper, Kleenex, Paper Towels, Knapkins</p> <p>Picnic Products: Plastic Utensils, Plates, Cups, Bowls</p> <p>Rain Gear: Ponchos, Rubber Boots, Umbrella</p> <p>Repair Kit: Screen Patches, Glue, Nails, Screws, Nuts & Bolts Patches for Inflatable's</p> <p>Ropes: Various sizes and types</p> <p>Sauces-Gravies: Soy Sauce, Braggs, Vinegar, Bullions, Gravies</p> <p>72 Hour Emergency Kits</p> <p>Sewing: Scissors, Fabrics & Sewing Supplies</p> <p>Special Needs: Babies, Elderly, Handicapped, Medical Conditions</p> <p>Stoves: Propane, Coleman, Kerosene, Wood-Coal-Pellet Stove</p> <p>Tape & Plastic: Duct Tape, White& Black Plastic, etc.</p> <p>Tents & Storage: Tents, Tarps, Stakes, Twine, Rope, Spikes</p> <p>Tools: Hammers, Screw Drivers, Etc.</p> <p>Toilets-Portable: Plastic Bags, Disinfectants, Deodorizers</p> <p>Towels & Rags: Dishes, Hands, Bathing, Multi-Purpose</p> <p>Traps-Poison: Mouse, Rat, Ant, Cockroach, Wasp, Fly</p> <p>Vitamins-Minerals: Child and Adult</p> <p>Transporting Receptacles: Wagons, Carts & Dollies</p> <p>Water: Purifiers, Filters, Storage Receptacles, Pumps, Siphons</p> <p>Wood Cutting Tools: Bow Saw, Axe, Hatchet, Wedges, Honing Oil</p> <p>Zip Lock Bags & Plastic Wrap: Several sizes and rolls</p>
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Compiled by Shanna Christ. You may copy this list for others.