



## AMERICAN LEGION POST 21 - EMERGENCY SUPPLY KIT

Disasters/emergencies can occur anywhere and anytime.

Being aware of and prepared for likely emergencies is critical to insure safety.

In a large-scale emergency, you should plan for relief efforts to take up to 72 hours (3 days) to get to you.

This guide presents recommended basic items that should be in any emergency supply kit.

### WATER:

- 1) **A normal person requires at least 2 quarts (8 cups) of water per person per day.**

*Additionally:*

- Children = 1 quart (4 cups) per day
- Nursing Mothers = 2 quarts (8 cups) per day
- Those Ill = 2 quarts (8 cups) per day
- For Hygiene = 1 quart (4 cups) per day

Do not ration water! Use normal intake.

Store water only in clean containers.

Minimize physical activity to lower use.

Replace water stores 2 times a year.

- 2) **If safe water runs out, you can do any of the following 3 things:**

- Filter water and boil for 3 minutes. Cool and agitate vigorously.
- Filter water and add 2 drops of unscented bleach and mix.
- Use commercial water pills for purification.

### FOOD:

- 1) **A non-perishable emergency food supply should not require refrigeration. Have a minimum of 3 day supply per person.**

*Include:*

- Canned meats, fish, fruit and vegetables
- Have a manual can opener on hand (not electric)
- Candy, nuts, cookies, crackers, dried fruit, trail mix, granola bars, etc.
- Canned juice, milk, instant tea and coffee (have extra water as needed)
- Peanut butter and jelly
- Baby food and special food for elderly and ill persons
- Pet food and extra water for pets as needed

Use perishable food first from refrigerator, then from freezer. Do not open those doors more than absolutely necessary.

Put blanket over the refrigerator/freezer to add 3 hours/8 hours to storage time.

*Consider also having on hand:*

- Mess kits
- Paper cups, plates and disposable utensils
- Paper towels
- Garbage bags

### FIRST AID KIT, PERSONAL SUPPLIES & HYGIENE ITEMS

- 1) **Keep a basic first aid kit of sufficient size and content for your and your family.**

*Include:*

- Pain killers such as aspirin, Tylenol, Advil
- Anti-diarrhea, antacid, and laxative medications
- Sunscreen, lotions, and anti-itch creams
- Epi-pen and/or benadryl for allergic reactions
- Insulated bag for insulin/ice
- Feminine supplies
- Personal hygiene items
- Hand sanitizer / Moist towelettes
- Prescription medications
- Glasses
- Infant formula and diapers
- Toilet paper
- Toiletries specific to you

### CLOTHING & BEDDING

- 1) **Have at least 1 complete change of clothing:**

- Shoes / Boots / Socks
- Rain gear / Hat / Gloves
- Sweater / Jacket / Sweatshirt
- Sleeping bag or warm blanket for each person / small pillow
- Consider additional bedding for cold-weather season

### DOCUMENTS & SPECIAL ITEMS:

- 1) **Keep important family papers, documents and photos in a waterproof, fireproof, and secure container**

*Items such:*

- Identification like passports and birth certificates
- Insurance policies and health cards
- Bank account records / savings and checking, etc.
- Credit cards and information
- Small amounts of cash

- 2) **Keep lists of phone numbers for medical providers, lawyers and any other important contact info in the kit.**

## TOOLS & SUPPLY ITEMS:

### Useful items can include:

- Shovel, axe, rope
- Hammer, pliers, screw drivers, hand saw
- Extra cell phone battery or charger
- Battery or solar operated radio
- Flashlight and extra batteries
- Fire Extinguisher
- Matches in a waterproof container
- Paper and pencil
- Plastic garbage bags for sanitary use
- Soap, liquid detergent, unscented bleach
- Books, games, puzzles or other activities to occupy children
- Dust mask, to help filter contaminated air
- Plastic sheeting / tarp and duct tape to shelter-in-place

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## IF YOU HAVE TO EVACUATE:

- 1) Evacuation orders can come with little or no warning. Have a "TO-GO" kit handy to make the departure easier and less stressful.**

Take these things:

- Glasses, contacts, hearing aids
- 3 day supply of medications (at least)
- Important papers & photos
- Cell phone & charger
- 1 set of clothing per person
- House & car keys
- Writing paper & pens
- Several flashlights & extra batteries
- Credit cards and small amount of cash
- 1 days worth of food per person (at least)
- First Aid Kit

## TIPS & SUGGESTIONS:

- 1) Keep a half tank of gas in your vehicle at all times in case of an unexpected need to evacuate.**

That way you will be able to reach a designated shelter without stopping.

Gas stations may be closed during emergencies and unable to pump gas during power outages.

- 2) When evacuating, stay together with your family or party until you get to shelter.**

- 3) Upon arrival at the shelter make sure all of you sign in on the arrival roster.**

Give them your contact info so that they can put you in touch with other family and friends.



## LEO J. L'HOMME / WILLIAM F. BURDICK AMERICAN LEGION POST 21 DANIELSON, CT

P.O. Box 203, Danielson, CT 06239  
860-481-2963

[danielsonpost21@gmail.com](mailto:danielsonpost21@gmail.com)

Danielson Post 21 Facebook Group

Meetings held the 2nd Wednesday  
of each month

(Excluding summer months  
of July & August)

at 7:00 pm at the

**Danielson Elks Lodge**

13 Center Street, Danielson