

Emergency Preparedness - Supplies List

Here's a sample list of 3-month emergency supplies for a family of 5.

- **Food:**
 - Rice: 30 kg
 - Wheat flour (Atta): 20 kg
 - Lentils (Dal): 10 kg (mixed varieties)
 - Cooking oil: 10 liters
 - Sugar: 5 kg
 - Salt: 2 kg
 - Tea or coffee: 1 kg
 - Spices: chili powder, cumin, coriander, turmeric, etc., as needed
 - Canned foods: 30 cans (mixed variety)
 - Instant noodles or pasta: 10 packets
 - Nuts, dried fruits and energy bars, as needed
- **Food Prep and Serving**
 - Stove/grill: 1 or 2
 - Fuel/charcoal: 4 bags
 - Matches: 2 large boxes, or lighters
 - Disposable plates, bowls, cups, utensils, trash bag, etc.—in ample quantity
- **Water:**
 - Bottled water: 150 liters (30 liters per person per month)
- **Hygiene Items:**
 - Soap: 30 bars
 - Toothpaste: 5 tubes
 - Hand sanitizer: 5 bottles
 - Toilet paper rolls, as needed
 - Sanitary pads, as needed
 - Wet wipes, as needed
 - Hand and face moisturizers, as needed
 - Dish washing soap: 3 large bottles
 - Toilet/shower cleaning supply, as needed
 - Other personal hygiene items, e.g. deodorant, etc., as needed
- **Medical Supplies:**
 - First aid kit: Bandages, antiseptic solution, pain relievers, etc.
 - Prescription medications: As needed for family members
- **Special Needs**
 - Baby Food, formula, diapers—in ample quantity
 - Pet supplies, food, water, etc. as needed
- **Communication and Lighting:**
 - Battery-operated or hand-crank radio: 1
 - Flashlights with extra batteries: 2
 - Candles: 10 (with matches or lighters)
- **Miscellaneous:**
 - Gasoline for vehicles: 5 five-gallon containers minimum, or as needed
 - Bicycle, bicycle repair items, pump, documents, maps, etc.