

## Disaster/Emergency Kit Contents

Roll Toilet Paper  
Camp Stove  
Sterno  
Books of Matches  
Paper Plates  
Plastic forks, spoons, knives  
Disposable Drinking Cups  
Battery powered radio (AM/FM – weather band if possible)  
Flashlight  
D Batteries  
Emergency Solar Blankets  
Hand/Foot Warmers  
Heavy Duty Plastic Bags  
Duct Tape  
Pocket Knife  
Can Opener  
Comb  
Tooth paste  
Tooth Brush  
Light Sticks

### First Aid Kit Contents

Rubber Gloves  
8 oz bottle of Saline solution (contact lens solution) irrigate/clean wounds  
Knuckle Band aids  
Regular Band aids  
Telfa Pads  
Roll of tape  
Anti-biotic ointment  
Burn Gel Packets  
Wound wipes  
Stretch gauze dressing  
Instant Ice Compress  
Scissors & Tweezers  
Hydrogen peroxide  
Sanitary napkins for wound dressing